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THE FEMALE IN PHYSICAL RECREATION: A STUDY OF PARTICIPATION AND ITS RELATIONSHIP TO LIFESTYLE

University — Université

The University of Alberta

Degree for which thesis was presented — Grade pour lequel cette thèse fut présentée

MASTER OF ARTS

Year this degree conferred — Année d'obtention de ce grade	Name of Supervisor — Nom du directeur de thèse
1980	Dr. M.A. HALL

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THE UNIVERSITY OF ALBERTA

THE FEMALE IN PHYSICAL RECREATION: A STUDY OF PARTICIPATION AND ITS RELATIONSHIP TO LIFESTYLE

by

© PAMELA G. GILVERSON

A THESIS

SUBMITTED TO THE FACULTY OF GRADUATE STUDIES

AND RESEARCH IN PARTIAL FULFILMENT OF THE

REQUIREMENTS FOR THE DEGREE OF MASTER OF ARTS

FACULTY OF PHYSICAL EDUCATION AND RECREATION

EDMONTON, ALBERTA

FALL, 1980

THE UNIVERSITY OF ALBERTA

FACULTY OF GRADUATE STUDIES AND RESEARCH

The undersigned certify that they have read, and recommend to the Faculty of Graduate Studies and Research, for acceptance, a thesis entitled THE FEMALE IN PHYSICAL RECREATION: A STUDY OF PARTICIPATION AND ITS RELATIONSHIP TO LIFESTYLE

submitted by PAMELA G. GILVERSON

in partial fulfilment of the requirements for the degree of Master of Arts in Physical Education.

Supervisor

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Date May 9, 1980

ABSTRACT

The major purpose of this study was to examine the relationship between women's participation in selective physical recreation activities and their lifestyles. Secondly, it identified reasons why women dropped out of a physical recreation programme and thirdly employed the time budget research methodology together with survey research to pilot its usefulness in studies of this nature.

There were 145 female respondents representing three groups of participants from two YWCA fitness programmes. Two of the groups were affiliated with a fitness centre programme (current and former members) while the third group was comprised of women who were members of an extension fitness programme. Subjects responded to a four-part instrument consisting of a physical recreation involvement part, a lifestyle inventory, a demographic section and a time budget diary kept for a period of twenty-four hours.

The results of the study indicated lifestyle differences to be more notable between the extension and the fitness centre groups than they were between the present and former members of the fitness centre. A Chi square statistic and one-way analysis of variance revealed significant differences ($p < .05$) between the groups for a number of the variables measured. Specifically, the current members of the fitness centre were married, had no children, were employed, were a mean age of 28 years, perceived themselves as more active than their contemporaries, spent minimal time on housework and engaged in non-physical recreation activities more than the other groups. The former members of the fitness centre were largely single, had no children,

were employed full-time, were a mean age of 26 years, perceived themselves as more active than their contemporaries, and spent minimal time on housework. Most of the extension members were married, had children, were not employed, were a mean age of 34, perceived themselves as having the same activity level as that of their contemporaries, and spent much of their time doing housework.

The major reason cited for dropping out of the programme reflected the fact that it was summer and summer was no time to be indoors.

The use of the diary as a methodology for data collection proved to be an effective tool for the study. Problems encountered by its use were minimal and it generated added interest for both the respondents and the researcher. It also appeared to illicit a higher response rate than could otherwise have been expected.

ACKNOWLEDGMENT

A most warm and sincere thanks is extended to Dr. M. A. Hall for her encouragement, patience, constructive criticisms, guidance and friendship over the past few years. A special thank you is also extended to committee member Dr. Tim Burton, for his support and willingness to lend an ear, and to Dr. Art Quinney for his support and service on the thesis committee.

Thanks are extended to Dagny Alston and to Sue Cary of the Edmonton YWCA for their assistance, as well as to all of the 'Barbara', 'Lynn' and 'Sandra's' who participated in the study.

Last, but not least, the author wishes to lovingly express her gratitude to all those, particularly her mother and father, who never stop encouraging their children's development.

TABLE OF CONTENTS

CHAPTER		PAGE
I.	INTRODUCTION	1
	Statement of the Problem	2
	Objectives	4
	Significance of the Study	4
II.	REVIEW OF LITERATURE	7
	Women and Sport and/or Physical Recreation Involvement	9
	Female Sport Socialization	13
	Leisure, Lifestyle and Women	15
	Physical Activity Drop Outs	19
	Time Budget Research	21
III.	METHODS AND PROCEDURES	25
	Sample	25
	Collection of the Data	26
	The Instrument	27
	Part One: Involvement in Sport and/or Physical Recreation	28
	Part Two: Lifestyle Inventory	30
	Part Three: Demographic Data	33
	Part Four: Time Budget Diary	35
	Statistical Treatment of the Data	36
IV.	RESULTS	38
	Lifestyle Characteristics	38
	Demographic and Situational	39
	Physical Activity Involvement	42

CHAPTER PAGE

Quality of Life 49

Use of Time 51

Drop Out Reasons 53

Research Methodology 56

Rate of Response 57

Time Intervals 59

Time Periods 59

Summary 60

Lifestyle Characteristics 61

Drop Out Reasons 62

Research Methodology 63

V. DISCUSSION, CONCLUSIONS AND RECOMMENDATIONS 64

Barbara (Fitness Centre Member) 64

Lynn (Extension Programme Member) 66

Sandra (Former Fitness Centre Member) 69

Conclusions 74

Recommendations 75

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BIBLIOGRAPHY 77

APPENDIX A CORRESPONDENCE PERTINENT TO STUDY 90

APPENDIX B RECORD SHEET 94

DAYS OF THE WEEK CHART 95

APPENDIX C QUESTIONNAIRE AND TIME BUDGET DIARIES 96

LIST OF TABLES

Table	Description	Page
1	Marital Status	40
2	Employment	40
3	Frequencies and Percentages of Three Most Popular Activities	44
4	Ranking and Percentages of Fitness Centre Activities	45
5	Number of Activities	46
6	Comparison of Activity Level With Peers	47
7	Distance Travelled	54

CHAPTER I

INTRODUCTION

The new woman arises
full of confidence
she speaks eloquently
and thinks independently

Full of strength
she organizes efficiently
and directs proudly

She is the new woman
capable of changing
the course
of society

(Schutz, 1978: 39)

If that were the case, women could indeed express: "We've Come a Long Way Baby" and truly mean it. However, reality haunts such a dream and in truth few women share the optimism revealed in the poem. Many of the key words illustrated above have been and are associated with male characteristics. Such words as confidence, independent, strength, organize, direct, proud and capable are often used to describe successful men. However, this is not so for women. Consider for a moment if the word man were to be substituted for woman and he for she. The poem would seem rather ridiculous and even meaningless to the reader. Why then, does this poem not seem ridiculous as it now stands?

In searching for an understanding as to why differences exist between men and women, one must first establish if indeed the differences are real. Biological and physiological differences are certainly apparent, although recent research has revealed that these differences are not as physically limiting to the female as previously stated (Gerber et al., 1974).

Perhaps the most significant problem with respect to the inclusion of women in sociological literature is that they have too often been overlooked or in some cases treated merely as a variable and then overlooked. However, recent research with respect to women has become more popular and in some cases, like the sociology of women, has formed an area of its own. In seeking to lessen these differences and therefore equalize opportunity, it would seem that an interdisciplinary rather than independent approach to research might be appropriate. This, in turn, might lead to a much broader perspective and consideration for the differences that do exist.

For the time being, however, many women continue in their struggle to be equal so that they may experience those joys of human movement and leisure activities afforded men for centuries.

Statement of the Problem

Traditionally, North American women's roles have centered around the home. Rigorous physical activity was not considered appropriate behaviour for little girls whereas it was acceptable for boys. As women's roles have and are changing so are their attitudes, behaviours and consequently their lifestyles. It is important to examine these factors if indeed participation in physical recreation is perceived to be an essential lifestyle determinant for today's women. If we as physical educators are to meet their fast rising needs, it is important to provide these women with the necessary facilities and positive environment to encourage their personal development.

At the time of this study an urban YWCA was operating a fitness centre for women which provided a facility designed to enhance personal

and physical development. As well, the YWCA offered other types of fitness programmes for that segment of the female population whose lifestyles kept them close to their homes. Their programmes were therefore designed with respect to different lifestyles amongst the women they serviced. Through these programmes the YWCA sought to encourage women to improve their fitness level and thus help them increase their sense of well being.

A brief explanation is presented here to clarify the purpose or philosophy of the two types of programmes under investigation. Firstly, the fitness centre is a luxurious facility owned and operated by the YWCA. The centre provides full-time professional staff, fitness testing equipment, steam and ultra violet rooms, a sauna, whirlpool, rowing machine, exercise bicycles, shower, powder room facilities, and racquetball privileges. It is designed to provide women with the opportunities, information and facilities to improve their own fitness levels. As a fitness centre and not a 'health club', greater emphasis is placed on the physiological aspects and the improvements in spiritual well-being rather than on the beauty side of good health. While providing more luxurious facilities than the rest of the YWCA, the fitness centre is also expected to provide additional revenue to existing programmes. On the other hand, the extension programmes (also known as "mothers day out" programmes) are run by the YWCA and their staff as a service to the community. There are a number of community centres which host these programmes with the intent of providing a more convenient service to members of their respective communities. The programmes are run twice a week with an hour of lecture and/or discussion and an hour of active participation.

The activities vary from week to week and commonly include exercising, yoga, dance, and jogging.

The general aim of the study was to examine the relationship between women's participation in physical recreation and their life-styles. In so doing, it was important to recognize the sociological, situational and past experience determinants as they related to the physical recreation participation of these women. This was done by employing a combined method of survey and time budget research.

Objectives

The following represent the specific objectives of the present study:

1. To identify the lifestyle characteristics of women participating in selected physical activity programmes.

2. To determine the major reasons why women drop out of a physical activity programme.

3. To explore the use of a combined method of time budget and survey research for collecting data on women in sport and/or physical recreation.

The first two objectives of the study are notably the substantive ones. The third objective is methodological and as such is treated throughout as a secondary concern to the thesis.

Significance of the Study

Theoretical works of a sociological nature examining participation of women in sport, recreation or leisure are not adequately represented in today's research. The few studies attempted are predominantly descriptive as opposed to empirically tested or theory

based. Studies have also been done on women athletes as opposed to women who merely wish to participate. Women athletes are slowly gaining prestige in a previously protected male domain. Internationally famed women athletes have recently received more attention as sports heroines than in the past but relative to the attention paid to their male counterparts, the female's sporting sphere remains a distant second. These changes, albeit slow, shall no doubt influence other aspects of women's participation including that of physical recreation. In order to ensure that this occurs in a positive direction, it is important to gain a better understanding of the patterns that presently exist for women in physical recreation.

Studies by Hall (1974) and Richardson (1974) laid the groundwork for further investigations where they examined a number of interrelating variables in an attempt to determine reasons for women participating in physical recreation. The present study incorporated much of the conceptual framework identified in Hall's study. Namely, a number of variables including past experience, situational, attitudinal and behavioural determinants which were found to be significant in her conceptual scheme for a casual analysis of women and physical recreation were investigated.

An important aspect of the study was to determine the relevance of using a combination of research methods to examine the problem. Specifically, it attended to explore the effectiveness demonstrated by use of the time budget diary in combination with survey research. The time budget method has become quite popular as evidenced by its use in many European studies (Szalai, 1975). Burton (1971) has used

time budget methodology in some of his recreation studies conducted in Canada. In so doing, he has identified its significance within a recreational context. The information pertaining to the length of time available for various activities may have a bearing on a number of factors concerning facility development. Therefore, the information ascertained may be helpful in forming future management policies pertaining to facilities.

This study was not without practical implications. These offered some insights into the kind of population that the fitness centre has attracted versus those who have dropped out. The reasons for members dropping out of the fitness centre programmes have been explored as one of the objectives of the present study. The information obtained provides a vehicle for improving the relationship between the organizers and their members and in so doing helps to bridge the gap between what the organizers perceive as the needs of their members, and what the members themselves perceive them to be.

CHAPTER II

REVIEW OF LITERATURE

Theoretical analysis of a sociological nature examining the participation of women in sport and/or physical recreation are virtually non-existent in the literature. A number of studies have attempted to identify sociological concepts but these were descriptive or explanatory rather than theoretically based. Two such works which have attempted to explain women's involvement in sport and/or physical recreation include a feminist perspective by Felshin (1974) and a Marxist ideology presented by Willis (1973). Felshin describes women's participation in sport as a dialectic whereby a woman must choose between sport on the one hand and being a woman on the other. She stresses that by adopting a humanistic approach, without alluding to gender, the sex differences could be lessened. Her stance is more political than sociological and the criticism levied on her work lies mainly with her misuse of sociological concepts (Hall, 1978). Willis (1973) has written a single paper explaining women's participation from a sociological base. He views sport as reflective of our culture and hence the sex role anxieties that exist in sport and society at large. In his ideology he specifies that within a functioning capitalist society, it is necessary for sex differences to occur. Therefore the only effective means for women to survive in the sporting world is to rise above the men with an alternative sport or sports. These two works reflect a mere beginning for the sport sociologist interested in studying women's sport.

Where little research exists for women in sport, even less infor-

mation is available concerning ordinary women who choose to participate in physical recreation (Hall, 1976).

A few European authors have approached the topic concerning women and physical recreation in their leisure studies but only as a secondary concern to their thesis. North American studies of this nature are even more difficult to locate, if not conspicuously absent.

Research is being conducted to study women in sub-disciplines and areas such as the sociology of women and women's leisure (Talbot, 1979). One would speculate, that those engaged in research pertaining to these sub-disciplines and areas would share similar concerns with those studying women in sport and/or physical recreation. However, this is not the case as reflected by the literature. Perhaps it is the newness of these sub-disciplines and areas that results in their all too often mutually exclusive studies.

To date, there have only been a few books written on areas encompassing historical, psychological, sociological and physiological perspectives of women in sport (Harris, 1971, 1972; Gerber et al., 1974; Miller, 1974 and Oglesby, 1978). Journalistic social commentaries can be found in newspapers and magazines, but all too often these articles, although factually correct and illustrative of discrimination of women in sport, do not analyze why this is so (Hall, 1978).

The following review covers a pot pourri of research which in one way or another relates to the present study. It begins with works pertaining to women in sport and/or physical recreation and discusses them under a variety of topics including demographic and situational characteristics such as socio-economic status, education, marital status, and age; life-cycle stages and role constellations;

and attitudinal measures. Female sport socialization studies are then reviewed with particular attention paid to how role models, schools and influencing agents such as parents or peers affect participation in sport and/or physical recreation. A section dealing with leisure, lifestyle and women follows, emphasizing commonalities between both sports related and non-sports related disciplines. For example, it considers recent literature from the medical profession, psychology, leisure and physical education fields. Next, a short section deals with studies which have examined physical activity drop outs. Finally, this chapter deals with a relatively new methodology to North American sociological research, namely time budget research. This investigates some relevant European studies as well as North American ones which have used this type of methodology.

Women and Sport and/or Physical Recreation Involvement

Socio-economic status (SES) is one of the most prominent variables examined with respect to participation in sport and/or physical recreation. Studies supporting the general hypothesis that the higher the SES, the greater the involvement in physical activities include Greendorfer (1975); Elliot et al. (1970, 1971); Kenyon (1966); Murphy (1969); Hobart, (1974); and Riesman (1959). Only a few of the above SES related studies dealt exclusively with a female population (Greendorfer, 1975; Elliot et al., 1970, 1971; and Murphy, 1969). The other studies included both male and female respondents. This fact did not appear to alter the relevance of the SES findings. Elliot (1970) did an analysis of actual and desired use of leisure

and recreational opportunities among housewives and found a significant association between class and sports participation. The women from the upper class were more likely to participate than those from the lower class. He also found that those who perceived cost to be a barrier participated less. The findings revealed in Elliot's (1971) report indicated that there was greater leisure participation among employed women. Similar findings were emphasized in the Hungarian studies as cited in Bolgov (1974) - see, for example: Mod, (1962), Ferge, (1965), and Szeleny (1962). Other findings of this nature were supported by both Hall (1974) and Richardson (1974).

A general trend was suggested by the literature supporting the notion that the upper SES persons participated more in activities which took them away from the home, neighborhood and community. Middle class persons were found to be most involved in organizational community affairs while the lower class respondents were more concerned with familial affairs, and hence utilized local facilities on a wider scale than the other groups (White, 1955; Riesman, 1959; Havighurst, 1959; Curtis and Milton, 1976; and Anderson, 1975).

Some studies have found age to be a significant determinant of female sport and/or physical recreation involvement. Specifically, they have found that active involvement is inversely related to age for adults (Kirsch, 1973; Hobart, 1974; and Mueller, 1962). In other words, participation in physical activity was found to fall sharply with increasing age. However, other studies reveal findings opposite to this inverse relationship while still others found no relationship to exist (Kenyon, 1966; Stone, 1969; and de Grazia, 1962). Inconsistencies have even been noted from a single author investigating

the problem by examining it through different activities (Robinson, 1967, 1970).

Most sociological studies, examining participation in physical and leisure activity, consider education along with age and socio-economic status to be a very important indicator of activity level. A number of studies show a positive correlation between increased participation and educational achievement (Kenyon, 1964; Kenyon, 1966; Kirsch, 1973; Balazs, 1974; Ferriss, 1971; and Curtis et al., 1976).

The concept of life-cycle stages has been discussed by a number of authors (Rapoport and Rapoport, 1975; Wippler, 1970 as cited in Milton, 1975; Murphy, 1969; and Angrist, 1967). Specifically these authors identify changes that are likely to occur as persons progress through various cycles of their lives. Murphy (1969) found that the relationship between participation and life-cycle stage varied with SES. Specifically, the higher the SES, the greater the participation in physical activity.

Increasingly more work is being done investigating the role constellations of women. This refers to a combination of such factors as: marital status, number of children, ages of children, employment status, and family-life stage. Some studies have recognized the importance of determining a woman's constellation of roles to assess her lifestyle pattern (Searls, 1966; Angrist, 1967; Murphy, 1969; Hall, 1974; and Richardson, 1974).

Searls (1966) examined the relationship between perceptions of homemaking tasks and patterns of leisure participation for American educated homemakers. She found an association to exist between leisure

role emphasis and age, social class, years married, college achievement, number and age of children, household and child-care help. Relative to the present study, she found that those married for at least 11 years to be highly active in most leisure pursuits and that household and child-care assistance also demonstrated a positive association in all areas of leisure participation. In summary, she found that women who were basically satisfied with their roles as homemakers were also very active in leisure activities. However, situational factors pertaining to her family do mediate the extent of participation (Searls, 1966).

The most relevant research for the present study was that done by Richardson and Hall (Richardson, 1974; Hall, 1974; Richardson and Hall, 1974; and Hall, 1976). Both authors have attempted to develop conceptual frameworks which affords other researchers a foundation from which to begin. Their original studies, Hall (1974) and Richardson (1974), were conducted as large scale surveys utilizing a multi-variate statistical analysis. Hall has done a cross-cultural study of British versus Canadian subjects and found situational factors to be more important than perhaps has been realized; and also that attitudes are of lesser importance in determining athletic participation than previously assumed. Richardson has collected her data from college graduates in the United States and found evidence to support past experience with the influence of significant others, to be related to primary involvement of women.

Hall and Richardson (1974) combined their efforts and synthesized their findings for British, Canadian, and American data. They found that the sport activity level in youth and the interest of a woman's family, if married, were the most powerful predictors of present

participation.

There have been a number of studies which have examined the attitudinal components of women in physical activity (Hall, 1974; Richardson, 1974; Buggel, 1967; Keogh, 1962; and Kenyon, 1971). In general these studies reflected the fact that most women have positive attitudes towards participation but often their behavior is not consistent with their attitudes. Studies by Gras (1970), Kenyon (1971), Hall (1974), and Richardson (1974), show clearly this inconsistency. This indicates that perhaps attitudinal measures of physical activity should be treated as one among many variables rather than as a single measurement of one's physical activity level.

Female Sport Socialization

A number of studies have examined socialization with respect to participation in sport and/or physical recreation (Yoesting and Burkhead, 1973; Greendorfer, 1975; and Kenyon and McPherson, 1970). Sport socialization refers to the acquired or culturally learned behaviour as opposed to the biological and genetic predispositions to sport participation.

Many of the original socialization studies were conducted on males rather than females (Orlick, 1972; Kenyon, 1966, 1969; and Kenyon and McPherson, 1970; and Snyder, 1973). Recently, women have been given consideration (Richardson, 1974; Greendorfer, 1975; and Kennedy, 1975). A consistent trend in this work is that women in sport are influenced more by their peers than by any other group (Malumphy, 1966; Richardson, 1974; and Greendorfer, 1975).

Greendorfer (1975) is among the most noteworthy of the above mentioned studies. Upon surveying over 500 college athletes she

concluded that peers were the greatest influencing agents over the three stages of life-cycle. During childhood, the family also greatly influenced participation but tapered off as the child grew into adulthood (Greendorfer, 1975).

Although school peers were found to influence the young adolescents, there was decreased participation noted during this life-cycle stage. There was no indication throughout the literature that school agencies such as teachers, coaches, friends, etc., encouraged increased participation. In fact findings worthy of further investigation were illustrated by Hall (1974) and Richardson (1974) where they found that the experience and enjoyment of school physical education related to their respondents increased participation once they left school. They also noted that those who continued to participate the year following their formal education, were more likely to pursue active participation longer than those who dropped out.

It has been the male sports hero, the Bobby Orrs', the Joe Namaths', and the boys' fathers who have acted as significant sport role models for young male athletes aspiring to be champions. Traditionally, women models have not had the same impact on young girls. Athletes such as Billie Jean King, Chris Evert, Nadia Comaneci, and Olga Korbut have only recently and are increasingly gaining public recognition and therefore can now be viewed as female sports models. The fact, as evidenced by lack of female sport promotion in the media, remains that there are very few women who are known to have achieved that status.

The studies reviewed on role models pertinent to sport, predominantly identify them with respect to boys whereas the girls are expected to grow into socially preconceived feminine models (Ziegler,

1973; Zoble, 1973; and Greendorfer, 1975). Studies which examined the influence of the mother as a sport participant model found this to be a significant determinant suggesting perhaps increased participation for young girls with active mothers (Richardson, 1974 and Kennedy, 1975).

A number of studies reviewed emphasized the relevance of family influence as a predictor of sport involvement; retaining the idea that the "family who plays together stays together" (Snyder and Spreitzer, 1973; Yoesting and Burkhead, 1973; Young and Wilmot, 1973; Richardson, 1974; and Greendorfer, 1975).

The findings which dealt with the participation in sport and/or physical recreation of married couples offer only a beginning. Some studies found that mutual enjoyment of activities by the couples were indicative of marital satisfaction (Brown, 1970; Bensen, 1952; and Komarovsky, 1962). However, Broderick (1970) concluded that over a period of time, there was a tendency to move away from participating as a couple as their interests were growing apart. Much work needs to be done in this area.

Leisure, Lifestyle and Women

Studies concerned with lifestyle, particularly for the female, are also becoming more prevalent in today's leisure research. However, studies concerning lifestyle are conspicuously absent in physical recreation and sport research. According to Talbot (1979), there exists a gap between the areas of women's leisure research and women's physical recreation and sport research. The former highlights several aspects of lifestyle whereas the latter concentrates on inter-sex differences and attaining equal opportunity to participate and achieve.

She also recognizes the need for these sub-discipline and/or areas to relate to each other if they are to succeed in finding solutions to common problems. Other studies which pertain to leisure, lifestyle, and women include Anderson (1975), Broderick (1970), Glasser (1970), Govaerts (1974), Havighurst (1959), Komarovsky (1962), Orthner (1975, 1976), Rapoport (1975), Scheuch (1960), Sillitoe (1969), and Young (1973). From among these studies, Anderson (1975) and Rapoport (1975) are both useful to the problem in the present research. Anderson recognizes the need for various facilities to accommodate the needs of all women. In her study of Australian women she found that most women under 40 years old who worked and had young children simply did not have leisure time. Others tended to spend their leisure time in activities around the home. She also found a negative attitude to exist with regard to women's participation outside of family interests. She identified the need for more government sponsored day care facilities and government organized community centres.

Rapoports' (1975) is useful because the authors identify the importance of maintaining harmony between the organizers and the leisure consumers. The study is revealed in a book co-authored by Rapoport and Rapoport entitled Leisure and the Family Life Cycle (1975). The authors present many social and leisure variables within a life-cycle framework. They examine leisure in a most conventional manner utilizing the concept of resourcefulness (living a meaningful life) as one of the key factors to be considered when studying the application of research to daily life. Their case study approach offers some valuable insight into lifestyles of individuals at various stages in life. The advantage to this approach is in the richness of the data

collected in describing something as individual as one's lifestyle.

Hall (1977) has summarized leisure research pertaining to women in a recently presented paper. She identified a number of studies which dealt with such demographic characteristics as social class, age, urban-rural residence, number of children, and employment status (Leevy, 1950; White, 1955; Gass, 1959; Havighurst, 1959; Scheuch, 1960; Komarovsky, 1962; Nye, 1963; Burch, 1965; Gavron, 1966; Searls, 1966; Angrist, 1967; Murphy, 1969; and Elliot et al., 1970, 1971).

Hall (1977) further notes that the most important of the above studies to be those by Elliot, Angrist and Searls. Elliot (1970, 1971) was discussed earlier in this chapter with respect to socio-economic status and leisure participation. Angrist (1967) studied role constellations of women at various life-cycle stages. She examined these with respect to leisure activities and found that although the amount of leisure participation did not vary for women in different roles, the type of activity did. She identified the types of activities common to each of the five role categories. Single working and married women without children were highest on self-enrichment activities. Young mothers with preschool children stayed close to home, watched television and visited friends and relatives. There was little mention of participation in sport and/or physical recreation type activities.

In recent years respected members of the medical profession have publicly postulated a direct relationship to exist between coronary heart disease and behaviours typical of an individual's lifestyle (Friedman and Rosenman, 1974). Specifically, those cardiologists identified two types of behaviours. By following three thousand

healthy men since 1960, they grouped men into Type A and Type B classifications. Type A were those who exhibited aggressive, driving, a-sense-of-time-urgency and ambitious tendencies while Type B individuals were relatively easy going persons who led a much slower pace of life. The Type A subjects were found to exhibit a greater tendency to physical illness including heart disease. After examining men, they proceeded to study women in the same way. The results for the women were similar to those found for the men. However, it was apparent that considerably fewer women were Type A than men. Friedman and Rosenman (1974) pointed out that a homemaker was less likely to be Type A as her work around the home leads to a different kind of stress than that experienced outside the home. They did not comment on stress as it relates to the 'captive wife' syndrome which sometimes leads to child battering, depression and even suicide among young mothers (Gavron, 1966).

Psychologists have also examined problems of stress related to lifestyle (Chin, 1974). In so doing they have examined the correlates of lifestyle including physical fitness, heart disease, personality, diet, employment and change. Chin (1974) found that persons tended to increase their tolerance to normal environmental stresses when they participated in a moderately intense exercise programme.

Other lifestyle measures such as those concerned with the quality of life are becoming more evident in sociological literature as the public's, the government's and the academic world's concern for life satisfaction has increased (McCall, 1975). The Edmonton Area Study (Kennedy, 1977) and a study by Rodgers and Converse (1975) revealed general satisfaction with life domains to be high. Differences were

found to exist according to demographic measures of age, familiarity with neighbors, and pace of life. For example, persons who expressed greater satisfaction with life tended to be older and more familiar with their neighbors.

Physical Activity Drop Outs

Some studies have dealt with the problem of physical activity drop outs as their primary focus (Orlick, 1974; Wanzel and Danielson, 1977); while others have examined it as a secondary issue to their investigation (Brunner, 1969; Wanzel, 1974; Orlick, 1972; Malumphy, 1966; and Teraslinna et al., 1969). Although the above mentioned studies dealt with differing population samples (i.e., children, women athletes, employees, etc.), their results show some similarities. The variety and number of different reasons cited, however, indicates the complexity of the problem.

Malumphy (1966) who examined women athletes in intercollegiate competition found the major reasons for discontinued participation to be: lack of time, lack of skill, lack of interest, and other interests. Other reasons included the lack of encouragement from peers, roughness of activity, lack of personal initiative and boredom. Wanzel and Danielson (1977) investigated ways to improve adherence to adult employee fitness programmes. They suggested a number of reasons respondents gave for dropping out such as the distance of the facility from home or place of work, crowded conditions in fitness sessions, the need for flexibility in an employee's work schedule to allow time for exercise, and a need to improve the instructor's motivational style. In addition, they indicated that only 34.9% of the drop outs

participated with a buddy and therefore suggested that the encouragement of participating with others might be a significant factor. Finally they revealed a faster drop out rate for persons not able to attain the objectives set for themselves.

Teraslinna (1969) studied executive's willingness to participate in a coronary heart disease prevention activity programme. Although the discriminating power of the variables included was not great and the sample group had a higher than average socio-economic status, the findings showed that those who were willing to participate lived relatively close to the training facility, were slightly younger and less fit than those not willing.

Brunner (1969) examined both participants and nonparticipants in vigorous physical activity. He found that participants sought a sense of well being and a desire to be in good physical condition. On the other hand, the nonparticipants lacked time to participate in physical activity due to business reasons. The results of his study suggest that in order to encourage persons to participate, the values inherent in the activities needed to be encouraged and reinforced.

Orlick's (1974) study revealed socialization, not situational reasons, for hockey dropouts. When considering the above studies there appears to be both situation and socializational factors influencing the extent of participation. Socialization, in that attitudes and values predetermined an individual's desire to participate (Orlick, 1974, 1972; Malumphy, 1966; and Brunner, 1969); and situational, in that present surroundings and perhaps lifestyle influenced the extent of their participation (Malumphy, 1966; Brunner, 1969; Wanzel and Danielson, 1977; and Teraslinna, 1969). Thus it would appear

that possible reasons for persons dropping out of physical activity programmes combine a number of factors pertaining to both their situational and socializational experiences.

Time Budget Research

The literature reviewed relating to leisure comes from two antithetical schools of thought; those being the Marxist or rather socialist ideology versus the capitalist, bourgeois one. The former, interprets leisure as it positively relates to and enhances work while the latter views the two as separate entities, where leisure is considered time away from work.

Roblitz (1962) comments from a socialist perspective on leisure as it relates to sport:

> In socialism leisure becomes the source of the greatest wealth of society through making possible the development of man as the main productive force. ... through sporting activities the functioning of the organs of the human body is supported, the physical and mental potentialities developed and the joy of life intensified (In Lippold et al., 1972: 79).

The implication from the above perspective is to make each individual a better person for the state rather than for himself/herself. There seems to be a prevailing concern in the Eastern Block countries to plan people's leisure time and activities (Keck, 1965).

In opposition to this concept is the capitalistic one where there tends to be an unstructured atmosphere surrounding leisure. It is more a 'do your own thing' concept of leisure with less emphasis on highly organized or directed activity. With reference to the work/leisure dichotomy, Weis (1964) expressed a capitalistic outlook:

> Leisure time is made possible by work, not a time in which work is made possible. .... Leisure time is a free time subject to two restrictions. It should not preclude the performance of necessary work. If it did, it would be self-defeating, for work makes it possible. It must not be used for the sake of work; it is not a means for work, itself a means to some other end. It is a separate period in which no work is done (1964: 21).

A number of socialist authors are very critical of capitalistic methodology and bourgeois leisure with its propoganda and supposed orientation to the "little man" (Krasavin, 1972). Perhaps some of this criticism is warranted in that research in the sociology of leisure is relatively new to some capitalistic countries. However, one must also question the appropriateness of superimposing a socialist perspective of leisure on a capitalistic oriented society. Nevertheless, the scientific rigor utilized in a number of Eastern Block time budget studies (Rychtaric, 1969; Krpata, 1967; Weiner, 1967; Fabry, 1967; Rosner, 1965; Skorzynski, 1965; Strzeminska, 1969; Wnuk, 1969; and Gliscinska, 1966 cited in Bolgov, 1974) has a great deal to offer the methodology related to capitalistic leisure studies.

Many European studies have examined aspects of lifestyle pertaining to women and families and in so doing have best utilized time budget methodologies to examine these correlates (Scholz, 1966; Peters, 1965; Jokubeit, 1964; Strzeminska, 1966; and Szalai, 1972).

A review of European Annotated Bibliographic Series of a cross-cultural time budget study revealed some pertinent information for the present study (Bolgov, 1974). In the series reviewed, the use of the time budget methodology was repeatedly justified.

On the whole, women were apparently well represented in the

literature but their physical activity patterns were seldom mentioned. A number of studies indicated that men had more leisure time than women (Scholz, 1966; Peters, 1965; Jokubeit, 1964; Grushin, 1967; and Heleszta, 1970 cited in Bolgov, 1974). There is some evidence that women who work outside the home find more time for leisure than do women who remain in the home (Mod, 1962; Ferge, 1965; and Szeleny, 1962 cited in Bolgov, 1974). A significant trend that was identified in the Polish studies was the positive relationship between level of education and participation in the various forms of leisure activity (Skorzynski, 1962; Strzeminska, 1969; and Strzeminska, 1970 cited in Bolgov, 1974).

Throughout all of the studies there is little mention of the physical activity patterns of the respondents and this would tend to indicate that participation in physical recreation must be a relatively insignificant leisure activity. This statement is further supported by a closer analysis of the data by Robinson (1967) who indicates that 2.3 percent of adult free time is all that is devoted to participation in sports activity.

North American researchers who have used time budget methodology have commented most favourably on its usefulness as a research tool (Chapin, 1966; Robinson, 1966; and Burton, 1971). They have also indicated the complexity involved particularly in coding when this method is chosen. It seems, however, that these authors all recognize the potential value in this type of data collection and analyses. Robinson (1966) and Chapin (1966) suggest this type of methodology for collecting comprehensive recreation data to examine the importance of recreation activities relative to other types of activities. Burton

suggests that it is possible to consider its usefulness as a kind of predictive model in the future although for now its usefulness is restricted to short-term management purposes (1971).

CHAPTER III

METHODS AND PROCEDURES

The main purpose of this study was to explore the relationship between YWCA members' participation in physical recreation and their lifestyles. Variables relative to participation in physical recreation and to lifestyle were examined by comparing women in different types of fitness programmes. The study was therefore, largely descriptive. This chapter deals with information pertaining to the sample, collection of the data, the instrument and the statistical treatment of the data.

Sample

The respondents for the study were past and present members of the Edmonton YWCA fitness programmes. There were three separate samples of subjects drawn who represented two YWCA programmes. Specifically, these were the fitness centre and the extension fitness programmes. Two of the groups represented the fitness centre programme while the other group represented the extension programme. One of the groups from the fitness centre was comprised of current (as of June, 1978) members while the second group were former members or drop outs from the centre's programme. At the time this study was proposed, which was July 1978, the fitness centre had only been in operation for a year and a half. The reason for including the former members' group was more practical than theoretical. It was felt that this group might reveal significant information in order to help improve the centre for future members. The extension programme

members included those that were registered for the winter/spring session of 1977-1978. All of the original lists, phone numbers and addresses were made readily available by the Edmonton YWCA staff.

When the data were collected for this study there were a total of 378 current members of the fitness centre, 600 former members of the centre and 299 members of eight local communities hosting the YWCA's extension programme. By using a computer programme for selecting lists of random numbers, a total of seventy-five numbers were selected from each of the above mentioned groups. The numbers were then matched to the names on the original lists and the process of contacting the potential respondents began. The researcher started with number one and continued down the list until enough persons had been contacted to have approximately fifty per group. The total number of completed responses for the study was one hundred and forty-five. There were forty-six questionnaires and diaries returned from the fifty-four that had been delivered to the fitness group; forty-seven returned from the fifty-eight delivered to the former group and fifty-two returned from fifty-five that were delivered to the extension group. Thus the overall response rate was eighty-eight percent.

Collection of the Data

The process of data collection began by contacting the potential respondents by telephone. During this conversation the study was briefly explained and they were informed as to the procedure to be followed in receiving, filling out, and returning the questionnaires and diaries if they chose to participate. At this time a close record was kept by the researcher regarding which days the respondents

were to complete their diaries so that all of the days of the week would be covered. A sample record sheet may be found in Appendix B of the present study. A conscientious effort of phoning some individuals many times before contact was made allowed the researcher to draw her sample from the original list of selected random numbers. The potential respondents were most co-operative and only nine individuals in total rejected participation upon initial contact.

The questionnaires, diaries, and self-addressed, stamped envelopes were hand delivered and the instructions for completing and returning the material were verbally given.

The YWCA Fitness Centre Director and the Extension Fitness Programme Co-ordinator acted in liaison capacities throughout the study. These persons along with their superiors provided incentives for the members who participated in the study. A two-week extension was granted to those fitness centre members who returned their questionnaires and diaries while two free passes to the fitness centre were mailed to respondents from the extension and former members upon receipt of their data. The system of data collection, coupled with the incentives provided by the YWCA, appeared to be very effective methods of ensuring maximum participation.

The Instrument

A four part instrument was chosen to explore the relationship between the Edmonton YWCA fitness programmes and the lifestyles of their participants. The first part was designed to collect information concerning aspects of the respondents' involvement in physical recreation while the second part was essentially a lifestyle inventory.

The third section requested personal and background information which comprised the demographic data for the study and the fourth part was the time budget diary which the respondent kept for a period of twenty-four hours. The individual measures within each of the four parts of the questionnaire are outlined below.

Part One: Involvement in Sport and/or Physical Recreation

The first part of the questionnaire was essentially a modified version of the instruments used by Richardson (1974) and Hall (1974) in their studies of primary involvement of women in physical recreation. The questions used from both of these studies have been subjected to previous validation procedures and were found to be effective measures pertaining to women in sport and/or physical recreation involvement. Forced-choice questions with arbitrarily assigned scores, for the purpose of differentiating characteristics between groups, were included from the Richardson (1974) study. The variables that were measured in this way included a single measure of increased activity, attitudinal measures of physical activity, and the identification of and influence of significant others (see questions 1, 12, 15, 16, 17, 18, 19, 20 and 21, Appendix C). A measure modified from Richardson's (1974) study was used in the fourth question where only three rather than four most popular activities were further investigated. To ascertain the variable measuring the total number of activities participated in, the researcher simply added those activities marked by the respondent. All three activities were taken into account and weighted equally to determine which ones received the most number of mentions and by which groups. The latter part of this question measured the amount of time invested in the

three most popular activities. However, this did not prove to be a satisfactory measure for this study.[1] Similar measures to those used in the Hall (1974) study were also forced-choice questions with arbitrarily assigned scores. The variables measured included enjoyment of school physical education, activity level of parents when younger, and past family interest in physical activity (see questions 11, 13, and 14, Appendix C).

The first section also included questions which were specific to the fitness centre and only to be answered by those who were past or present members. These questions were pretested the year prior to collecting the data and also were reviewed by the fitness centre employees and thus appeared appropriate for dealing with the objectives of this study.

There were two differently worded questionnaires (part one) that were given to those who were current members in YWCA programmes and those who were former members. The reason for this was to examine their physical activity involvement at a time when they were not affiliated with the YWCA programmes as opposed to when they were. The same questions were essentially asked of all respondents with variations in tense to account for the differences between the populations with respect to measures of the same variable.[2] The reader may wish to refer to the actual wording (see Appendix C).

Descriptive questions included by the researcher were also of a

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[1] Very little use was made of the time investment measures (frequency and duration) of all three popular activities as this question was overly complex and therefore poorly answered by the respondents.

[2] It appears that this procedure was unnecessary and the same thing could have been accomplished using the same questions for each group.

forced-choice type with arbitrarily assigned scores. They included variables measuring: length of fitness programme membership, distance travelled to programme, description of present activity level, use of day care facilities at the YWCA, and participant's partner (if any) in fitness centre activities. A question structured the same as number four, which measured the three most popular activities prior to belonging to the fitness centre, was asked with respect to fitness centre activities for past and present members. In addition to this, a forced-choice question was also included to determine what use was being made of the facilities.[3]

An open-ended question was included in the former members' questionnaire to determine their reasons for dropping out of the fitness centre programme. The literature reviewed on this subject indicated quite a diversity of reasons for persons dropping out of physical activity programmes. For this reason the open-ended format was used in this study to allow the respondent the freedom to elaborate on her specific situation.

Part Two: Lifestyle Inventory

The lifestyle inventory was included to add detail to the lifestyle descriptions of the three groups under investigation and to compliment the data revealed through the time budget diaries. This part of the questionnaire was the same for all three groups and used a combination of measures from studies investigating quality of life and lifestyle

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[3] The questions concerning use of the fitness centre facilities were in fact extraneous to the study and therefore considered beyond the scope of this study.

components.

The first two measures were included from Richardson (1974) so as to get a broader picture of one's leisure patterns outside of those related to physical activities. The first was a simple descriptive measure concerning the intensity of involvement in organizations and it was scored according to the way the question was coded (see Q1, Part II, Appendix C). The second measure was a measure whereby total hours per week were recorded. The activities were collapsed into eight categories for the analysis. The categories included employment, watching T.V., housework, non-physical recreation activities, physical activities, educational pursuits, running errands away from the home, and community endeavors.

The quality of life measures chosen for this study were similar to those used in the Edmonton Area Studies which were conducted by the Department of Sociology at the University of Alberta (Kennedy, 1977; White, 1978; and Northcott et al., 1979). The measures chosen were both valid and reliable measures of quality of life according to reporters Kennedy (1977), Northcott (1979), and White (1978), of the Edmonton Area Studies. The first measure used for the present study has been identified as Bradburn's (1969) Mood Scale. It was necessary to re-code the values for all of the positive items within the scale because the items were alternately listed as positive and negative. Previous use of this scale has found scores to be positively skewed and this was also the case for the present study. The mood index yielded a possible range of scores from 0 to 40 with a higher score representing a more positive mood than a lower score. There were ten items and after the positive values were re-coded, newly assigned

values for each item were added to determine the overall score.

The problem index was next and included five items with the scores for this index ranging between 0 and 20. Again, the assignment of scores was the same as the mood scale: (0) no response; (1) often; (2) sometimes; (3) rarely; and (4) never. This was also an additive index where the higher score indicated fewer problems.

Two separate Likert-type scales with assigned scores ranging from one to seven were used to measure the respondents' perception of physical and mental health. These scales were labelled as subjective measures in the Edmonton Area Study (Northcott, 1978) and found to yield positive scores as well. The scales ranged from (1) very healthy to (7) very unhealthy. These values were later collapsed into two categories: less healthy and more healthy for both measures of physical and mental health.

A measure which was included unnecessarily was a scale from the Edmonton Area Study measuring the sharing of family tasks.[4]

The satisfaction index, similar to that used in the Edmonton Area Studies, was developed by adding responses from six satisfaction items related to lifestyle. These items included non-working activities, family life, health and physical condition, amount of free-time, standard of living, and life in general. Each item contained a seven point Likert-type scale ranging from (1) recoded to illustrate very satisfied to (7) recoded to illustrate very dissatisfied. The possible range of scores was from zero to forty-two. The lower the score, the

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[4]It was unnecessary because virtually the same information was collected in the demographic section of the questionnaire. The respondents did not seem clear on how to answer this question and many left blanks making it impossible to carry on with any analysis on the question.

more satisfied the individual.

Part Three: Demographic Data

This section dealt primarily with personal and family information to establish the basic lifestyle and situational factors pertinent to the respondents. Again, the measures for this section were largely descriptive, forced-choice questions and similar to the demographic data collected by Hall (1974) and Richardson (1974).

Data pertaining to one's socio-economic status was collected using the following variables: education, self and/or family income, and self and/or husband's employment. The educational variable was operationalized using Hall's (1974) Canadian scheme with one additional category being that of an undergraduate student. Numbers were arbitrarily assigned to each category for descriptive purposes only. A nominal scale incorporating seven forced-choice responses ranging from "less than $2,000.00" to "$15,000.00 and up" was included for both the family and respondent as measures of income earned before taxes. This was not a good measure of socio-economic status for the present study.[5] It was difficult to determine whether the respondent was referring to past or present family due to the ambiguous wording of the question. There were a few employment measures included both for the respondent and her husband (if married). The first couple of questions determined the respondent's employment status. The respondent was then given an open-ended question asking her to describe the type of work she did and another question asking

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[5]This was only one of the socio-economic measures and turned out to be ineffective. All respondents indicated their families income to be over $10,000.00

the same for her husband. The respondent's and her husband's socio-economic index scores were derived from Blishen and McRoberts (1976) revised socio-economic index for occupations in Canada. This index has gained much credibility in Canada and although it was designed for men, the variety of job categories appeared adequate for the women in this study. The index ordered a total of 474 occupations from the ranking system based on the 1971 Canadian census data using income levels and educational status (Blishen and McRoberts, 1976). The one drawback was that homemakers were not included as an occupation in their ranking scheme. Those who identified themselves as homemakers were arbitrarily assigned a number to distinguish them from those who claimed to be unemployed, or whose job could not be categorized. However when collapsing the categories into six classifications of socio-economic status as outlined by Blishen and McRoberts (1976) it was necessary to treat all of the data pertaining to homemakers, unemployment and unclassified jobs as missing values. The six class intervals defined by Blishen and McRoberts were divided according to a numerical scheme based on their coding system and titles for each of these classes were omitted. The first class included occupations such as truck drivers, service station attendants, hairdressers, babysitters, etc. Examples of fourth-class occupations were secretaries and stenographers, sales and service occupations as well as nurses; while examples of the fifth-class jobs included sociologists, librarians, elementary and kindergarten teachers, physical science technologists, dieticians, and nutritionists. The sixth and highest ranked class included education administrators (the highest ranked occupation), architects, high school

teachers, doctors, lawyers, etc.

In addition to those scales measuring present socio-economic status, information was also collected to ascertain the SES of the respondent's past family. Specifically, a similar measure to that used by Richardson (1974) was included to describe the level of education of the respondent's parents. To all of this information an open-ended question similar to that used by Hall (1974) was included.[6] Variables concerning socio-economic status for the father and mother were also derived from Blishen and McRoberts' (1976) index.

The remaining measures were those pertaining to personal history and family involvement of the respondent. The questions were similar to those used in both the Hall (1974) and Richardson (1974) studies in that nominal scales with assigned values were used on each of the measures. The exception to this was the question concerning age which was answered by all and the respondents recorded their actual age.

Part Four: Time Budget Diary

The diary was included in the present study to obtain descriptive data for the populations sampled as well as to pilot its use as a methodology in examining research on women in sport and/or physical recreation. The respondents recorded all of their activities over a twenty-four hour period. The exact day for completing the diary was decided upon by the researcher and the respondent. Explicit instructions, sample activities and a completed sample page were included with the diaries. The diaries were structured such that there were

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[6] No scale was used for this measure as it was poorly answered by the respondents. In many cases they left it blank or said they did not know.

hourly blocks of time, columns to identify the activity, the time the activity began and ended, location of physical activity and with whom the respondent participated, as well as a space for general remarks should there be any. A sample diary page is included in Appendix C. It was considered beyond the scope of this study to code all the activities recorded in the diaries as this is a very complex and time consuming procedure (Szalai, 1975 and Burton, 1971). Instead, however, a few variables were operationalized from the diaries so they could be included in the analysis. Among the variables included was the number of times a respondent recorded physical activity in their time budget diary. This was measured simply by manually going through the diaries and counting each time the respondent mentioned participation in physical activity. Specific time measures that were included from the diary concerned both the number of waking hours in a day and the time a person began their first activity. These were included simply to compare these variables across the three groups. The actual times respondents awoke were recorded while the number of waking hours was calculated according to the information provided by the diary.

Statistical Treatment of the Data

The questionnaires and time budget diaries were coded to make use of the Statistical Package for Social Sciences (SPSS) Computer Programme. Frequencies described as percentages and relative percentages were examined in tabular form while ranges, medians and means were calculated by group and by total population for virtually all of the variables. Crosstabulations with a Chi square statistic were applied to most variables to determine possible differences between

the groups. This subprogramme was also used to examine other combinations either within groups or for the total population. A one way analysis of variance was used to compare the means between groups for those measures (i.e., age) using intergers.

CHAPTER IV

RESULTS

This chapter deals with the results of the study as they pertain to the previously stated objectives (Chapter I). Briefly, the objectives were: (1) to compare the lifestyle characteristics of women participating in selective, physical activity programmes; (2) to determine why women drop out of physical activity programmes; and (3) to explore the use of a combined method of time budget and survey research for collecting data on women in sport and/or physical recreation.

Lifestyle Characteristics

For the purpose of presenting the results more concisely, the lifestyle characteristics were grouped into the following categories: (1) demographic and situational; (2) physical activity involvement; (3) quality of life; and (4) use of time. The selective programmes under investigation were the YWCA fitness centre programme which had current members as one group and former members as a separate group, and the YWCA extension programme which was comprised of women participants from different communities throughout the city. Within each of the above mentioned categories, the individual variables were tested for significant differences among the three groups by use of either a Chi square or a one way analysis of variance. These differences will be reported where meaningful.

Demographic and Situational

First of all, it should be understood that the population under investigation did not represent the average Canadian woman but rather was indicative of the type of woman who showed more interest in physical activity by virtue of her past or present registration in a YWCA fitness programme. In other words, it was assumed that the respondents would likely lead an active versus sedentary life and also that they would represent women of a middle to upper-middle class socio-economic background. The latter assumption is related to the nature and expense of the fitness programmes of which they were members. The above assumptions were indeed found to be true for the respondents in the study.

The demographic variables which showed very little differences between the groups included respondent's income, respondent's education, respondent's socio-economic index for occupation, husband's occupational index, family income, mother and father's occupational indices, age of children, child maintenance, respondent's background, number of siblings, and father's education. The significant differences ($p < .05$) which were revealed included those related to the variables measuring: age, marital status, employment status and mother's education.

The ages of the respondents ranged from sixteen years to sixty-one years with a mean age for the entire sample twenty-nine years. The mean age of the fitness centre members was twenty-eight years, while the mean age of the extension members' group was thirty-four years and the former fitness centre members had a mean age of twenty-six. An analysis of variance revealed a significant difference ($p < .05$) for the age variable.

The majority of women were married, with about one-third single and 5.5% who were either widowed, divorced or separated. Table 1 illustrates the marital status for the total population as well as by group.

TABLE 1 MARITAL STATUS

CATEGORY:	TOTAL POPULATION (N=145)	FITNESS MEMBERS (N=46)	EXTENSION MEMBERS (N=52)	FORMER MEMBERS (N=47)
Single	29.0%	26.1%	3.9%	59.6%
Married	65.5%	65.2%	94.2%	34.0%
Other	5.5%	8.7%	1.9%	6.4%
TOTALS:	100.0%	100.0%	100.0%	100.0%

A Chi square was applied to the variable marital status to reveal the significant difference ($p < .05$).

Table 2 clearly illustrates the differences as they exist ($p < .05$) between the three groups in relation to employment.

TABLE 2 EMPLOYMENT

CATEGORY:	TOTAL POPULATION (N=145)	FITNESS MEMBERS (N=46)	EXTENSION MEMBERS (N=52)	FORMER MEMBERS (N=47)
Part-time	14.5%	10.9%	11.5%	21.3%
Full-time	42.8%	65.2%	5.8%	61.7%
Not employed	42.7%	23.9%	82.7%	17.0%
TOTALS:	100.0%	100.0%	100.0%	100.0%

The greatest difference between the groups is between the extension programme group and the two fitness centre groups with 82.7% of the extension programme not employed.

The fitness centre group was comprised of women with a mean age

of twenty-eight years of whom the majority of these 65.2% were married, while 26.1% were single. Of this group, only 33% indicated having children and the ages of their children were evenly distributed from very young to over eighteen.

The extension group was perhaps most typical of the suburban housewife or rather the family oriented woman. This group had a mean age of thirty-four, was married (94.2%) and had at least one child (98%). The majority of these women had two children (45.1%) who were school age or younger and predominantly cared for by their mothers (59.6%). Keeping this in mind it is not surprising to find that most of these women did not work (82.7%).

On the other hand, the former fitness centre members were found to be the youngest group with a mean age of twenty-six years with over half of these women single and only 34% married. Of the former members' group only 28% reported having children and of those with children, like the extension group, their offspring were both young and cared for by their mothers (54.5%).

Additional measures of employment were included in the study to determine the differences or similarities between groups. One of these variables measured the number of hours devoted to work per week, while another evaluated whether one was or was not employed and still another was a measure of who earned the family income. All of these measures confirmed the fact that the differences between the groups were significant ($p < .05$). Child discipline and child care were also taken into account in the overall description of the respondent's life-style and again these findings resembled the earlier ones of child maintenance in that they revealed homogeneity among the groups.

Religious preference was taken into consideration as a possible confounding variable related to inhibiting or promoting characteristic aspects of lifestyle. First of all there were no significant differences between the groups and secondly the majority of the respondents were protestant (51.4%) while 20.8% were catholic and the remainder indicated no religious affiliation.

Physical Activity Involvement

This section deals with the variables which measured involvement in physical activity, past and present, perceptual measures and the influence of significant others towards the respondent's participation in physical activity.

The first of these measures related to involvement was that of membership length. The length of time a person had participated in a programme was an indication of extent of commitment by the individual to her respective programme. The most striking finding here was that many of the former members, 87.2% had dropped out within six months of joining. The extension and fitness centre members displayed a greater commitment (53.9 and 43.5 percent respectively had participated for six months or longer). A Chi square statistic indicated these differences to be significant ($p < .05$).

The respondents were asked to identify their first, second and third most popular activities from a list of forty-four possible choices thought appropriate for the population and geographic region being studied. They were to respond to this question with reference to a time when they were not affiliated with their YWCA fitness pro-

gramme.[1] This meant either one year prior to joining their programme for the fitness and extension groups or, in the case of the former fitness centre members, they were to respond with their present popular activities. The data collected were useful for ranking the most popular activities for the entire sample of the study. All three popular activities were taken into account and weighted equally in an effort to determine which activities received the greatest number of mentions and by which groups. Table 3 illustrates the ranking, frequencies and percentages of the three most popular activities for the entire sample.

The activities, when ranked according to how frequently they were selected, showed walking for exercise as the number one choice followed by swimming, a casual summer activity, with bicycling for exercise ranked third and a tie for fourth between exercising and skiing. No distinction was made between cross country and downhill skiing. These findings relate quite closely to the most recent Canadian data on exercise participation in that walking for exercise was the number one choice and both swimming and bicycling for exercise were among the top activities listed (Canada, 1977).

Table 4 illustrates the ranking and frequencies of the physical activity facilities by the two fitness groups.

It is interesting to note here that the fitness centre activities for both groups are similar to the activities chosen by the

[1]This was an overly ambitious attempt to examine the possible influence of the YWCA programmes on the respondents' lifestyles both before and during their participation in a programme. However, it was soon apparent that the process was extremely complicated and therefore this data collected was not useful in comparing activities for the same time period.

TABLE 3 FREQUENCIES AND PERCENTAGES OF THREE MOST POPULAR ACTIVITIES

CATEGORY:	FREQUENCY (N=145)	PERCENTAGE (N=145)
1. Walking	55	12.7%
2. Swimming	49	11.3%
3. Bicycling	46	10.6%
4. Exercising	41	9.4%
4. Skiing	41	9.4%
6. Social Dance	25	5.7%
7. Other	23	5.3%
8. Jogging	20	4.6%
8. Skating	20	4.6%
10. Golf	13	3.0%
11. Tennis	12	2.8%
11. Ballet	12	2.8%
13. Yoga	11	2.5%
14. Bowling	8	1.8%
15. Badminton	7	1.6%
16. Horse Riding	5	1.1%
16. Volleyball	5	1.1%
18. Canoeing	4	.9%
18. Softball	4	.9%
18. Table Tennis	4	.9%
21. Water Skiing	3	.7%
21. Fishing	3	.7%
21. Basketball	3	.7%
24. Roller Skating	2	.5%
24. Frisbee	2	.5%
24. Judo	2	.5%
27. Boating	1	.2%
27. Gymnastics	1	.2%
27. Scuba	1	.2%
27. Football	1	.2%
27. Athletics	1	.2%
No Response	10	2.3%

TABLE 4 RANKING AND PERCENTAGES OF FITNESS CENTRE ACTIVITIES

CATEGORY:	FITNESS MEMBERS (N=46)		FORMER MEMBER (N=47)
Swimming	69.6%	Bicycle	78.7%
Bicycle	65.2%	Calisthenics	70.2%
Racquetball	58.7%	Racquetball	70.2%
Calisthenics	54.3%	Swimming	55.3%
Total Number of Facilities Used	$\bar{X} = 4.1$		$\bar{X} = 4.5$

same respondents at a time when they were not affiliated with the centre. The exceptions being walking for exercise and skiing. In both cases racquetball, an indoor activity, can be replaced by skiing, an outdoor seasonal activity. If walking had been included as a fitness centre activity, it too might have ranked among the most popular.

There were three variables which were included in the study to test for possible differences of involvement in physical activity among the groups. The first of these measured the total number of activities participated in at a point in time when the respondent was not affiliated with a YWCA fitness programme. The second measure was a combination of participation in organized sporting activity and recreational involvement in physical activity whereby the respondent was asked to record the total number of hours per week spent engaged in this type of recreation. Thirdly, responses related to participation in physical activity were recoded from the time budget diaries to ascertain the number of activities that were performed during the day in which the diary had been completed.

Of these three variables, two of them bore a significant difference between the groups. These were the total number of activities participated in when not a YWCA member and the one measuring physical activity as recoded from the diary.

Table 5 further illustrates the differences which existed between the groups, ($p < .05$) when the number of activities were grouped into four categories.

TABLE 5 NUMBER OF ACTIVITIES

CATEGORY:	FITNESS MEMBERS (N=46)	EXTENSION MEMBERS (N=52)	FORMER MEMBERS (N=47)
1 - 4	10.9%	26.9%	21.3%
5 - 6	15.2%	28.9%	36.2%
7 - 10	45.6%	25.0%	31.9%
11 - 26	28.3%	19.2%	10.6%
TOTALS:	100.0%	100.0%	100.0%

Members of the fitness centre group, were found to participate in more activities than either members of the extension or the former group. Perhaps this was an indication of the propensity of the fitness group to have a more active lifestyle which was later enhanced by their membership in the fitness centre. The responses by the members of the extension group to this question were evenly distributed across all of the assigned categories (see Table 5), thereby signifying non-uniformity in the total number of activities within this particular group.

The time budget diary measure of daily physical activities was a crude measure at best. Although a significant difference was found to exist, there was little variance in the actual number of activities

participated in by the three groups. The former group showed the greatest amount of participation with a mean of 1.93 activities with the fitness group second, followed by the extension group with their mean of 1.45 activities.

In addition to comparing the groups for actual involvement, a perceptual measure of how active the respondents saw themselves compared to their contemporaries was also included. Differences were found to be significant using a Chi square analysis ($p < .05$). Table 6 illustrates these differences.

TABLE 6 COMPARISON OF ACTIVITY LEVEL WITH PEERS

CATEGORY:	FITNESS MEMBERS (N=46)	EXTENSION MEMBERS (N=52)	FORMER MEMBERS (N=47)
Less	6.5%	11.5%	14.9%
Same	15.2%	50.5%	40.4%
More	78.3%	38.5%	44.7%
TOTALS:	100.0%	100.0%	100.0%

A higher percentage of the fitness centre group (78.3%), over the extension group (38.5%) or the former group (44.7%), perceived themselves as being more active than their contemporaries. Fifty percent of the respondents of the extension group viewed themselves as having the same activity level as their peers, while 40.4% of the former group also reported this.

Much of the literature on women in sport focuses on sex differences where it is believed that the opportunities afforded men are much greater than those afforded women. This study did not attend to sex differences, per se, but rather examined a man's participation in

physical activity where it might have influenced that of a woman. It examined the activity levels of those persons considered by the respondents to be important influences on their activity levels. Specifically, the questions were structured to obtain information concerning the following: the respondent's sport partner, most frequent associate, most significant other, husband (where applicable), and present family.

These persons were first identified by their sex. Secondly, where appropriate, space was provided on the questionnaire to identify those persons referred to in an earlier response. Approximately 75% of the persons identified as the respondents' most significant others were also considered either to be the most frequent associate or the sport partner of the respondent in question. Fifty-seven percent of those who were married identified their husbands as either their most frequent associate, most significant other or sport partner.

The sex of the sport partner was not found to be significantly different for the three groups. Twenty-two percent of the total population claimed that they partfcipated alone in their activities. The sex of the persons identified as the most significant others did however, reveal a significant difference between the groups ($p < .05$), while the sex of the most frequent associates revealed no significant difference. A three-way cross-tabluation was run for the sex of the most significant other. It was first crossed with group and then with marital status. The difference between the groups ceased to be significant when marital status was considered.

The activity levels of those persons referred to as the respondent's associates were obtained to determine possible variance between the groups for each of these measures. No significant differences

were found for persons reported to be sport partners, most frequent associates, husbands of respondents, or present family members. A significant difference ($p < .05$) was detected for the variable measuring the activity level of the most significant other. The largest and therefore most notable frequency within a cell was 57.7% which illustrated the extension group's most significant other's involvement was primarily at a medium activity level. Once again, when controlled for by marital status, the differences between the groups were no longer statistically significant.

Other factors which might have affected the respective activity levels of each group were tested and found not to differ between groups. These included one's activity level upon completion of school, the enjoyment of school physical education, the activity level of one's past family, and the activity level of one's mother and father.

Quality of Life

The quality of life data included here were contained in part two of the instrument, the lifestyle inventory. These measures included a mood index, a problem index, a physical and mental health scale, and a satisfaction to life index.

The actual range for the entire sample for the mood index was 16 to 36 with a mean score of 28.67. A statistical test that was applied to all three groups revealed no significant differences. The relatively high mean of 28.67 represented a positive mood more so than a negative one. The problem index was composed of such health related problems as headaches, high heart rate, shortness of breath, cold sweats, and insomnia. The scores for this index ranged between 0 and 20

where the higher scores represented fewer problems. The mean for the total population was calculated at a score of 15.4. Very few problems were bothersome enough to this population to be declared as such or perhaps the respondents simply did not wish to reveal such problems.

Individual measures of the respondent's perception of her physical and mental health for the past year were included. The fitness and former members perceived themselves as less healthy than did the members of the extension group. An absolute measure was not included here. The scales were collapsed into two categories of healthy and less healthy where a significant difference for the respondent's feelings of physical health ($p < .05$) but not mental health was found. A closer look at physical health points to the same number of fitness members perceiving themselves as healthy versus those who indicated less healthy. There was 61.5% of the extension group who indicated a response of healthy while the former members that perceived themselves as healthy was only 29.8%.

A satisfaction index was developed by adding responses from six satisfaction items related to lifestyle. The scoring range for the total population was 6 to 34 out of a possible 42 with a mean score of 16.06. The lower the score, the more satisfied the individual. A comparison between the mean scores of the groups, indicated a significant difference ($p < .05$) between them. The mean for the extension group was the lowest with a score of 13.86, the fitness group was next with 16.09 and the former group was the least satisfied with their mean score being 19.11. It is interesting to recall here that the results related to active involvement variables showed the lowest participators to be the extension group while the highest ones were the

fitness centre related groups. It would appear from this data, that one's involvement in physical activity does not necessarily relate to one's satisfaction with life or perception of mental or physical health.

Use of Time

When asked what factors would increase participation in physical activity, the respondents indicated that factors pertaining to time would be of greatest influence. The majority of respondents (43.2%) indicated that increased leisure time would be the single change most likely to influence greater participation in physical activity. This was followed by increased family involvement (24%) and thirdly if the facilities were closer to their homes (19.2%).

Two time budget diary measures considered were the total waking hours in a day and the time a person begins their first activity. These two variables did not appear to be related in that the majority of respondents had approximately the same number of waking hours in a day but they awoke and went to bed at different times. The mean number of waking hours was reported to be 15.52 with all groups reporting similar means. The earliest risers were generally the fitness members who both worked and were married. The extension group who were largely homemakers with families were next to arise while the former members of whom many were single, working women tended to sleep in a bit later than the others.

The next measures to be considered were those related to the number of total hours per week spent on specified types of activities. The question appeared to be answered conscientiously by most respondents. Some, however, commented briefly on its ineffectiveness.

The employment variable indicated significant differences between

the groups thus acting as an internal validity check for the previous measures of employment by group. Television viewing as measured by weekly hours and also by daily hours recorded in the diary was not found to differ significantly between the groups. The extension group accumulated a mean of 12.9 viewing hours per week while an average of 2.28 hours was recorded in the daily diaries. In both cases this group represented those who spent the greatest amount of time watching television. The fitness members recorded the least number of weekly and daily hours with group means of 9.9 and 1.79 respectively. The former group had similar findings relative to television viewing where they recorded 10.0 weekly hours and 2.04 daily hours. The daily hours recorded for all groups appeared to be consistent in what they measured.[2]

Housekeeping was the next activity examined for possible differences. Recognizing the differences in marital status between the groups, it was not surprising to find a significant difference for this variable ($p < .05$). The extension group, many of whom were married with two children at home, showed the greatest amount of time spent on housework whereas the former group, many of whom were single and younger, spent the least amount of time on housework. Surprising, was the fitness group who have a 65% married population and yet, like the former group, spent relatively little time on housework. The mean number of hours for housekeeping for the extension, fitness and former groups were: 34.5, 14.33 and 11.43 respectively.

Non-physical recreational activities were the next to be examined. A significant difference ($p < .05$) was found for this type of activity

[2]Weekly physical recreation hours were not included here as these were presented earlier with the physical activity involvement variables (p. 45).

which included such recreational pursuits as reading, spectating, going to the movies, and hobbies. The difference was noted only for the fitness group who displayed a mean of 26.77 hours as opposed to the other groups who both reported means of approximately 19.7 hours. The total number of respondents who were either pursuing full or part-time education was too small (N=5) to warrant further investigation.

The items considered as errands conducted away from the home included such things as shopping, visiting with relatives, and other activities mentioned by the respondents that were not previously categorized. The differences between the means were not statistically significant.

Next, a variable measuring involvement in community activities was considered. All cases reported that there was not much time committed by the respondents to this activity as can be noted from the mean hours of 3.3, 4.8 and 2.6 for the fitness, extension and former groups respectively. In an additional variable which attempted to measure membership with community organizations of a non-physical recreation nature, the findings were the same, with the extension group indicating the largest percentage of persons who were affiliated.

Drop Out Reasons

The second objective of the study pertained to the reasons why women who were members of the fitness centre terminated their membership. There seemed to have been a relatively large number of original members of the centre who decided not to return. This fact aroused the curiosity of the YWCA's staff and, more specifically, those involved with the fitness centre. It was at their request that this objective was included.

The first variable presented here was one that measured the distance travelled to participate in the respondents' respective fitness programmes. As can be seen in Table 7, the distance travelled varies between the groups. This difference was found to be significantly different between the groups ($p < .05$) when tested by the Chi square statistic.

TABLE 7 DISTANCE TRAVELLED

CATEGORY:	FITNESS MEMBERS (N=46)	EXTENSION MEMBERS (N=52)	FORMER MEMBERS (N=47)
Under 1 mile	21.8%	36.5%	17.0%
1 - 5 miles	63.0%	53.9%	40.4%
Over 5 miles	13.0%	9.6%	42.6%
No response	2.2%	0.0%	0.0%
TOTALS:	100.0%	100.0%	100.0%

Both the current fitness centre members and extension members travelled a considerably shorter distance to participate in their fitness programme than did the former members.

A further investigation of the respondents' personal answers to the open ended question should indicate more clearly the extent to which distances travelled was a factor related to them dropping out of the programmes.

Upon ranking the reasons according to the number of times they were listed by the respondents, the following order was determined:

1. It was summer, and summer was no time to be physically active indoors.
2. $300.00 per year or $90.00 for three months was too expensive.
3. Complaints about the activities offered through the centre

(i.e., too difficult to get a racquetball court).

4. Problems related to other persons, i.e., facility over crowded or friend no longer participating.
5. Distance to centre posed a difficulty.
6. No parking spaces readily available.
7. Do not have enough time in a day to fit it in.
8. Illness.
9. Moved.
10. No night child care facilities.

As can be seen above both the fact that it was summer and the expense of the programme received the greatest emphasis by the total number of respondents. Forty percent of those who listed only a single reason for dropping out alluded to the fact that it was summer and that summer activities should be outdoors rather than indoors at the YWCA fitness centre.

The activity problems related to dropping out of the programme seemed to lie mostly with booking racquetball courts. It appeared from some of the responses that racquetball was the primary reason for joining the centre in the first place and yet the members were still unable to secure courts when they desired them. One member expressed her concern:

> Due to the heavy bookings of the racquetball courts, joining the fitness centre was the only alternative. Although I could then at least get a court, it meant long waits on the phone. I had to get good use of the courts to justify the $90.00 fee as well, so I now play at the Kinsmen Sports Centre where it is cheaper and considerably easier to get a court.

Another woman added an interesting comment:

> I would rather spend my money for equipment and facilities for the activities I enjoy. (If they had a roller dome, I'd think about it!)

Those persons expressing distance as a reason for dropping out generally travelled six to nineteen miles for a workout at the centre. As parking was also stated as a problem, these two factors went hand in hand in some of the cases. Parking was expressed as a problem from three perspectives. Number one it was considered expensive, number two it was inconvenient, and number three it was often difficult to locate a nearby spot, particularly during peak hours like noon or after work.

A total of seven respondents, seventeen percent of the former members, indicated that they planned to return to their fitness centre programmes in the near future. It should be mentioned here that six of the seven respondents who indicated they would rejoin were ones who quit only because it was summer.

Research Methodology

The third objective of the study was to explore the use of a combined method of time budget and survey research for collecting data on women in sport and/or physical recreation. Although two methods were used to collect the data, it was primarily the survey type which was analysed for this study.

There were a number of previously identified problems (Burton, 1971) that were further explored within the context of the present study. These included the response rate attained by the use of diaries, time intervals chosen and the time periods for which the

diaries were kept. Thus, part four of the instrument was used as a pilot type of investigation rather than an analytical one. The same diary format was distributed to respondents from all three groups. Information ascertained from the activity and remarks columns of the diaries will be discussed in the portrait archetypes of the three groups (p. 64).

A few of the variables in the diary were included in the description of respondents' lifestyles within the three fitness groups. The measures found to be most useful were the time a respondent awakes, the total number of waking hours in a day, number of hours television was viewed and number of physical activities engaged in during the day. Of these variables, the only one found to be significantly different ($p < .05$) between the groups was the number of physical activities engaged in during the day. These results were elaborated upon earlier in this chapter.

Rate of Response

The overall response rate of 88% attained for this study was relatively high for time budget or survey research. This rate was due to a number of contributing factors of which the use of the diary itself as a motivator seemed to be an important one. On the whole, the respondents took care in printing legibly and conscientiously completed the survey and diary. This is evidenced by one such comment from a fitness centre member:

> I found your questionnaire very interesting and I appreciate you calling Saturday. I realize how little time I spend to become fit. I think by sending out questionnaires

> such as these, will make people (realize and think) how poorly they schedule their day, and how unfit they actually are.....

A former fitness centre member commented:

> I found the questionnaire interesting and hope I answered the questions accurately. I enjoyed the YWCA while I was a member but found with the range of ages, that being younger could do more. I think it would be nice, if possible, to have the Clubs in ages such as 20 to 30, 40 to 50 and so on, so the ladies could be instructed to their energy level. I do find it alot more fun and interesting trying to lose weight with a group, rather than trying to go it alone.....

A number of persons included in their diary the actual time spent filling out the questionnaire and diary. This generally ranged from twenty minutes to one full hour. One respondent who spent one hour on the task remarked: "I found it time consuming but interesting."

The distribution of the diaries over the days of the week was a factor that was taken into consideration prior to collecting the data. This was recognized as a potential problem given that the diary was only kept for one full day and that activities, physical recreation and otherwise, would no doubt vary within a week. Weekend activities, for example, would likely differ from week day activities. An attempt was made by the researcher upon initial contact with the respondent to decide with that person what day would best suit them (see Appendix B). There seemed to be a relatively even distribution across the days of the week for the entire sample as well as for each group. A perfectly even distribution would see twenty or twenty-one diaries completed for each day of the week. Thus, the distrubition here would seem to be adequate in its representation over a week.

Time Intervals

Burton (1971) in his chapter describing time budget research elaborates on the anticipated problem of dividing the diary into time intervals. He concludes that both thirty minute and sixty minute intervals appear to be adequate. The danger, of course, with intervals which are too small is that the respondent may use these as specific guidelines. In so doing they may ignore activities which do not fall within a specified time interval or they may become confused when recording activities that overlap specified time periods. On the other hand, the problem accompanying too large or no specified intervals is that the respondent may choose to ignore detail which may be very important to the study. Sixty minute intervals were included in the diary framework for this study and were found to be very effective. Almost all of the respondents clearly indicated the time they began and ended each activity even when they did not fall into a specific time interval. This was true for persons from all three of the groups.

Time Periods

The length of time for which a diary should be kept is one of the first things that comes to mind when considering its use as a research tool. Ideally, one might consider that the longer the period of time, the more accurate the information gathered. However, this is not necessarily the case. It is difficult to attain a high enough response rate over a longer period of time and the accuracy in recording activities is likely to drop off quickly over an extended period. On the other hand, the validity of a single twenty-four hour period is questionable. Most respondents in the current study made no mention

of the time period being too short and no one mentioned that it was too long for recording their activities. Some respondents did indicate whether or not it was indeed a 'typical' day in their lives. Such comments were invited by the presence of the remarks column in the diary. One such comment typifies the others:

> Two things made this an unusual Sunday for me. (1) my husband was busy with vehicle preparations for holidays so we didn't do any family activities this weekend such as swimming, flying kites, picnics, etc. which would normally be the case. (2) I was reading a very interesting book that I went to at every chance I got. I don't normally spend much of my day reading. Also, I work some Sundays which would have altered this considerably.

It was decided for the purposes of this study that one twenty-four hour period would be sufficient. Other studies have discussed the problem of response rates relative to the amount of time a researcher can expect co-operation from a respondent. Suggestions of using various types of incentives have been made. This study took those suggestions into account and did include incentives for respondents participating in the study. Perhaps with the assistance of the incentives employed, those being the extension of the fitness centre programme and the free passes to the centre, it might well have been possible to extend this period. However, the scope of the present study did not lend itself to incorporate this dimension, but it is certainly a factor worthy of future consideration.

Summary

The results according to each of the objectives shall be presented below as a summary to highlight those findings relevant to

the study. The objectives shall be dealt with independently.

Lifestyle Characteristics

All three groups were compared to each other according to specific characteristics of lifestyle. These included demographic and situational, physical activity involvement, quality of life, and use of time characteristics.

The demographic or situational variables revealed some very strong differences between the groups for measures of marital status, age, employment, and distance travelled to their fitness facility. The variables identified to be similar across the groups included the following: respondent's income, education, socio-economic index, age of children, child care, background, number of siblings, mother's occupational index, father's education and occupational index, husband's work index, and family income.

Physical activity determinants were then analyzed for their group differences. Significant differences were noted for the following variables: membership length, the total number of activities in which a respondent participated, the number of daily physical activities, the respondent's comparison of her activity level to that of her contemporaries, sex of the most frequent associate and activity level of the most significant other. Perhaps the most interesting finding is that the differences between the groups were not nearly as great when the fitness and former groups were compared as they were when the extension group was compared to either one or both of them. Marital status when applied as a control variable served to lessen the differences between groups, thus illustrating its influence.

There were a number of physical activity related determinants which were not found to have a significant difference when compared by group. These variables included total weekly hours of physical activity participation; frequency and duration of the most popular activity; sex of sport partner and most significant other; activity levels of sport partner, most frequent associate, husband, present family, past family, father and mother; activity level of respondent upon completing school; and past enjoyment of school physical education.

Quality of life measures added an additional element of interest to the study. Among the variables which did not show a significant difference were the mood index, the problem index and the mental health scale. The variables which showed distinct differences between the groups were the satisfaction index and the physical health scale.

Of the use of time variables, significant differences were determined for the following: the time respondents awoke, the number of working hours, time spent on housekeeping and time spent engaged in non-physical recreation. The variables found to have similarities across the groups were the total number of waking hours, the amount of time spent watching television, errands away from home and participation in community activities. On the whole, there was more commonalities in activity patterns between the two groups affiliated with the fitness centre (past or present members), than there were for the group who participated in an extension programme.

Drop Out Reasons

The major reasons for dropping out of the fitness centre programme were related to the fact that it was summer and it was expensive. There

were, however, a variety of reasons for dropping out and most of these were relatively independent of each other. The majority of responses did not seem overly negative towards the programme or the facility but rather were situational factors related to the participants themselves. These included problems of weather, cost, other persons, distance from facility, time, illness and moving. Respondents who did express facility or programme discontent did so relative to cost, racquetball facilities, overcrowded exercise conditions, lack of parking facilities and no night child care facility.

Research Methodology

In future, it would not be necessary to go into as much detail in the questionnaire as the time budget diary brings out many similar points. The use of the diary to complement the questionnaire added an element of interest to those participating in the study and there was a novelty to this approach. The high response rate was due to a number of factors of which the use of the diary and the employment of incentives were most certainly significant. The problems of time intervals and time periods reported in the time budget literature did not appear to adversely affect the use of the diaries in the present study. Given that this study was essentially descriptive, it appears that the use of the time budget diaries was certainly warranted.

CHAPTER V

DISCUSSION, CONCLUSIONS AND RECOMMENDATIONS

The lifestyle characteristics of each group are further illustrated here through the use of portrait archetypes. This method of data presentation, also known as lifestyle vignettes, is a recognized method of displaying results. Although not overly popular in studies using survey research, it affords the author the rare opportunity of characterizing the respondents without having used a case study approach to the research. Three individual portrait archetypes are described below. Each represents an individual fictitious character which is derived from the lifestyle characteristics of their respective group members. The format chosen for the portrait archetypes replicates that used in a Canadian women's quality of life study (Ministry of State for Urban Affairs, 1976).

Barbara (Fitness Centre Member)

Barbara is a married, 28 year old career-oriented woman with no children. She has just recently graduated from university and is beginning her career as a dietician. Barbara makes a good starting salary of $16,000.00 which, along with her education and her husband's salary of $22,000.00 as a chartered accountant, categorizes her as being in an upper-middle class socio-economic strata.

Barbara comes from a middle class household where both her parents completed high school and her father became a plumber by trade while her mother remained a homemaker. There were four children in their

family and they grew up in a city suburban area. Her family was of a protestant religion and attended church on an irregular basis.

Barb is and has been a member in good standing in the YWCA fitness centre for the past five months. Originally, she joined for a period of three months and when that time was up decided to take out an annual membership which cost her $300.00 for the year. She works on the south side of the city near her modern apartment and travels approximately four miles, three times a week to the centre. She works out an average of one and a half hours per visit between 5 p.m. and 6:30 p.m. Here she makes good use of both the facilities and the activities. She joined with a friend of hers, Sandra, who is a nutritionist and who did not renew her membership after the first three months. Barb enjoys exercising at her own pace and follows a regular programme which the fitness instructors had originally prescribed for her. Her programme takes into account the use of the bicycle, wall weights, dumbells, an individual set of calisthenics, and once a week she either plays racquetball or swims at the Y. After working out Barbara takes half an hour to relax and does so with her regular sauna, whirlpool and long, hot shower. She then changes, powders and is on her way home by 7 p.m.

Barb normally begins her day by waking at 7:45 a.m., has breakfast and is at work by 9 a.m. Her regular weekly routine sees her putting in about ten hours of physical activity with half of these being at the centre. She normally allows one day for rest and has one day that she does some type of activity for 2-3 hours. This is done on her day off where she chooses from a variety of activities depending on the season and her husband's schedule at that time. Among the

activities she enjoys with her husband are swimming, racquetball, skiing, tennis, softball, frisbee, roller skating, horseback riding, dancing, canoeing and golf. The other two days Barb jogs for about three-quarters of an hour and stretches and conditions for about 15 minutes. When given the choice, she decides to either walk or ride her bike to work but drives her car on days she visits the fitness centre. Barbara's husband and her friends are quite active, however she perceives herself to be more active than her contemporaries on a regular basis.

In other aspects of her life, she participates in non-physical recreation activities during much of her leisure time. She does not partake in any community activities on a regular basis although she volunteers to assist with community projects once or twice a year. Living with many modern conveniences, Barb finds that about 15 hours per week is all she needs for housekeeping duties which include preparing meals, dishes, laundry, general upkeep, and once-a-week cleaning. Barb and her husband sit down to watch the news every night and might spend one quiet evening a week viewing television.

Generally speaking, Barbara feels very good about her present lifestyle in that she is satisfied with most components of it. She feels moderately happy about the extent of her physical activity participation but feels she could be even more active if she better organized her time.

Lynn (Extension Programme Member)

Lynn is 31 years old, a mother of two and married to an officer in the city fire department. Lynn and her family live in a new

three-bedroom home in a modern suburban community. At this point in her life, Lynn is a full-time homemaker but worked as a secretary before her children were born. Her son is six years old and her daughter is two. Lynn finished high school and started college but quit after her first year. Lynn's husband makes about $25,000.00 per year in his job with the fire department and moonlights part-time working for a moving company where he earns an additional $10,000.00 before taxes. Lynn's past family background is very similar to Barbara's where she has two sisters, was raised in a city suburb and came from a middle class socio-economic background.

Lynn is a member of a YWCA fitness extension programme and as such attends classes at her nearby community centre twice a week. She attends for an hour of physical activity and an hour of lecture or discussion each time. As Lynn lives less than a mile from the centre, she bundles her little one up and drops her off at the neighbors on her way to class. Lynn and her neighbor take turns caring for each other's children on a regular basis. Her neighbor has two young children at home. Lynn enjoys her programme as it gives her a refreshing break from her children even though it is only twice a week. It helps motivate her to exercise and affords her an excellent opportunity to socialize with her peers. The lectures supplementing the classes provide stimulating conversation for Lynn and her friends in their discussion periods. The physical activity session is mostly exercising done in a variety of ways. It includes calisthenics, rhythm, fundamental movement, yoga classes, modern dance variety, exercises to music, and once in a while they will participate in a volleyball game or similar type of activity.

Lynn does about 5 hours of physical activity a week including walking to and from her extension classes which she does in a very brisk fashion and therefore considers exercise. Lynn tries to do about one-half an hour of exercises at home everyday but this activity is often interrupted by phone calls, crying children or household chores. Once a week, the family participates in physical activity together and depending on the season chooses from a variety of activities such as skiing, hiking, camping, bicycling, games, and swimming. The family outing lasts from 1-2 hours on a Saturday or a Sunday. Lynn feels that her activity level compares equally to that of her contemporaries and perceives herself to be physically healthy. She does not participate in as much physical activity as she would like but feels necessarily limited by her present family situation.

Lynn's day generally begins at 8 a.m. where she gets up with the children, feeds them and herself and sends her son off to school. She then proceeds with her morning exercises and her daily housekeeping chores. Much of her time is devoted to being a homemaker. Her chores include preparation of meals, dishes, laundry, house cleaning, baby-sitting, tidying up after the baby, grocery shopping, paying bills, visiting relatives, etc. On weekday afternoons Lynn watches soap operas on television while she catches up on her ironing, knitting or mending. Her extension classes are in the mornings. Lynn has been going to the YWCA classes for over a year now and she feels it to be an important part of her daily routine. Both Lynn and her husband are block parents and attend community association meetings at least once a week. A high school student babysits once or twice a week when Lynn and her husband are both out. When the babysitter is not available,

Lynn and her husband take turns staying home with the children.

Lynn feels very secure and comfortable with her lifestyle at present and generally feels quite positive as well as mentally and physically fit.

Sandra (Former Fitness Centre Member)

Sandra is a friend of Barbara's who joined the fitness centre with her. Sandy, 26 years old, single, and also a career oriented person, is a nutritionist and has just recently finished her formal training. Sandra is considered an independent middle class working individual who earns $15,000.00 per year. She shares a house with two other persons approximately her age who have similar interests. The house is located just outside of town about 15 miles from the fitness centre. Sandy works in the same building as Barb does and drives her car to work on a daily basis. Sandra's family background is similar to both Lynn's and Barbara's. She has three sisters, her mother was a homemaker, her father a city businessman and her family's socio-economic status was middle class. Both her parents finished high school and their family was protestant, attending church most Sundays.

As previously mentioned, Sandy joined the fitness centre with Barb primarily because she enjoyed racquetball and felt she would have easy access to the racquetball courts. Sandra was still paying off her student loan and the loan on her car when she originally signed up for three months.

Sandy started off going to the fitness centre twice a week for racquetball games but was annoyed when it was difficult to book a court. She did not like swimming and did not really fancy the other

activities as she felt they could be done at home. As a result, much of her time was wasted in travelling to the centre for the amount of activity it was generating for her. She ended up using her membership only once a week when she and Barb would play racquetball and under her current financial budget she simply could not afford it. Sandra leads an active lifestyle both in physical and non-physical recreation.

On a daily basis, Sandy awakens at 8:30 a.m. and begins work at 10 a.m. She has a busy schedule all day which includes working through the lunch hour and finishing at 5 p.m. She arrives home from work at about 5:30 p.m. and goes jogging for an hour to an hour and a half in the evenings. She also does some exercises on her own, has supper and heads out the door with a full evening agenda. One evening a week she meets a friend for a badminton game. She likes lots of variety and action in her life and enjoys socializing with her peers on a regular basis. Sandy does not have much time for television but enjoys a good movie when it comes on. She also watches the late night news to catch up on what is happening around her. She is too busy to spend much time on housework so she does what she has to and then moves on. Sandy views herself as quite active in comparison to her contemporaries although she sometimes feels physically run down. Her friends are very active and she often feels that she is competing with them in many types of activities. Sandy's weekends are usually as busy as her weekdays, packed with both physical outings and socializing activities.

Sandra is not totally satisfied with her life as it stands although she has no specific problems and is often in a good mood. She does feel that she is not as actively involved in physical activity as she would like but a combination of factors is inhibiting her

participation.

As evidenced by the three portrait archetypes depicted above, the lifestyle characteristics were very similar for the past and present fitness centre members but both differed from the lifestyle indicative of women who belonged to the YWCA extension programme. Where the fitness centre programme members were slightly younger, single, considerably active in outside interests, independent, fewer family ties, career-oriented, and employed, the extension members were married with one or more children, not employed, had an occasional sitter to free up some of their time and were less active than the other two groups.

Thus the findings in other studies which indicates greater physical activity participation among employed women are supported by the present one (Elliot, 1971; Richardson, 1974; Hall, 1974; as well as the Hungarian studies cited in Bolgov, 1974 including Mod, 1962; Ferge, 1965; and Szeleny, 1962).

The age variable as represented by this study would tend to support a younger population being more active supporting in part the findings of some authors (Kirsch, 1973; Hobart, 1974; and Mueller, 1962). The present study, however, did not really have enough of an age range to fully support such a hypothesis.

Wippler's (1971) explanation revealed in Milton (1975) appears to support the present study's findings pertaining to the extension member group. He argues that a drastic change in the life-cycle occurs after marriage which affects one's leisure pursuits whereby the married, responsible citizen turns to activities of a practical and economical

nature. On the other hand, the women from the fitness centre groups may be representative of the emergence of a new type of woman. After all, the majority of the fitness centre members were married (65.2%) and yet their patterns were very similar to the women who were younger and single. Perhaps the life-cycle stage suggested by Wippler may be undergoing change to that of an alternative lifestyle, one that encourages increased involvement in physical activity. Certainly it is an area worthy of further investigation.

Most former members who dropped out of the fitness centre programme did so due to a combination of reasons. The major reason cited for dropping out was that it was summer and time to be outdoors. The expense of the programme was mentioned by a few respondents and often when mentioned it was one of a number of reasons for terminating their membership. The reasons that were listed were primarily situational ones such as distance from the facility (Wanzel and Danielson, 1977; and Teraslinna, 1969), cost (Elliot, 1971), illness, and moving. The reasons listed by Malumphy (1966) for discontinued participation including lack of time, skill, interest, and other interests were not evident in the present study.

People are becoming increasingly aware of the importance of time in our 'clock' run society. There is more emphasis on how efficiently we spend our time, with whom, where, and what percentage of time we spend on which activities in today's industrialized world. Employers wish to get the most mileage out of their workers and business persons wish to put their money and energies into facilities which will be used to their maximum and therefore generate more dollars. It is a vicious circle, this time game we play; but nevertheless it is one which

limits and greatly affects one's lifestyle. How many times is it said: "If only there were more hours in a day?" The fact that time is measureable affords the researcher an excellent opportunity to investigate the temporal aspects of one's lifestyle. The present study, in looking at participation of women in physical activity relative to lifestyle, used time budget methodology in combination with survey research primarily to investigate its potential for future research in this area. Studies pertaining to women and how they budget their time are turning to this methodology because it clearly reveals the inequality of labour between men and women. This is particularly so for the married, working woman (Szalai, 1975). European research that was reviewed by Szalai (1975) clearly revealed similar inconsistencies in time budgeting between men and women that were found in the North American studies. Thus illustrating the problem of inequality, an almost universal reality, although changes towards lessening this difference are slowly beginning to take place.

The most intriguing part of the use of the time budget diary for the present study was the interest and motivation that it generated in the respondents. The response rate verifies this point and many positive comments were included within the diaries to substantiate this view. Only four variables from the diary were coded for use by the SPSS computer programme and these items added to the descriptive aspect of the study. As mentioned, the questionnaire need not have been as inclusive, as much of the same material could have been extracted from the diaries.

Conclusions

It is evident from the descriptions of the three groups that physical activity for all these women does have a place in their lifestyle. This is very different from what the literature indicates as the present condition for ordinary women in the Western world. Perhaps this is an indication that given the opportunity, facilities, care, interest, and special attention to problems inherent in varying lifestyles, women would more readily participate in physical activity and hence experience the joy of human movement.

There were a number of distinct differences found to exist between the three groups of women participating in the study. These differences, however, were more apparent between the extension and the two fitness centre groups than they were between the present and former members of the fitness centre. The few differences found to exist between the two fitness centre groups were largely explained by their reasons for dropping out of the programme. Marital status as a single variable seemed to be the factor which best differentiated between the lifestyles of those persons studied. The lifestyle differences that did exist between the groups were illustrated in the portrait archetypes of Barbara, Lynn, and Sandra. Physical activity does seem to be part of their daily lives, perhaps to a greater extent for the current fitness centre members than the other two groups. More importantly, all of the women studied seemed to be pleased with their programmes which were originally designed by the YWCA staff to meet their needs. This study shows clearly that their needs are being met through the two programmes investigated. Again, the former

fitness centre members' reasons for dropping out were more specific to their situations or role constellations than to their dissatisfaction with physical activity or the programme to which they belonged.

The use of the time budget diary for the present study was a positive experience. It offered a richness to the data attained and an element of interest otherwise not possible in a study of this nature. It helped to motivate the respondents to complete the material conscientiously and accurately and invited their comments in a very casual manner. The use of the diary with the questionnaire seemed to open lines of communication between the researcher and the respondent who were otherwise perfect strangers. Admittedly, the complex diary coding procedure was not used in the present study and would no doubt add much credibility towards a scientific approach to the problem investigated.

Recommendations

As a descriptive study, the objectives that were originally stated appear to have been met by the study. Recommendations from the present study are as follows:

1. That full use be made of the time budget methodology in a study which examines participation of women in general in comparison to physically active women.
2. That a study similar to this one be conducted on men's YMCA fitness programmes to identify their characteristics of lifestyle so they may be compared with the women's.
3. That the information already collected from the diaries be coded and analysed in a complete manner.

4. That the questionnaire used for this study be further refined so that information to be extracted from the diary not be included in the diary as well.
5. That the YWCA examine its membership structure to take into account those persons who do not wish to belong in the summer months.
6. That the information found in this study be shared with other Canadian YWCA's to help them in identifying the needs of the persons within their respective communities.

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APPENDIX A

CORRESPONDENCE PERTINENT TO STUDY

DEPARTMENT OF PHYSICAL EDUCATION
FACULTY OF PHYSICAL EDUCATION AND RECREATION

July 26, 1978

As per our telephone conversation, I am seeking your assistance with a research project. I am a graduate student at the University of Alberta and am doing the study in partial fulfillment of the requirements for my Masters Degree in Physical Education.

Attached you will find the questionnaire and the time budget diary. At first glance it may look rather extensive, but in actual fact it is relatively simple to answer and should not take too much of your time. Hopefully, you will find it an enjoyable and somewhat enlightening experience.

A number of other women who are past or present members of the Y.W.C.A. Fitness Programs are filling out a similar questionnaire. From the responses, I hope to examine the effects of various types of programs on the lifestyle of its participants. With women's roles changing so rapidly we, as physical educators would like to keep up with the needs and desires of today's woman.

It is not important for this study that you are extremely active in physical activity or sport but rather, that you record all of your daily activities as honestly and precisely as you recall them.

I would prefer that you fill the diary out on: _____
as it is necessary to have all of the diaries being completed cover each day of the week. Please check the cover of the time budget diary for your return date and return your diary and questionnaire before or on that date so that we may give you a token of appreciation for your assistance.

When the completed questionnaire and diary is returned, your response will be coded and will not be associated with your identity at any stage of the computer analysis. Let me reassure you that your answers will be treated with the utmost respect and confidentiality.

If you should have any problems with either the questionnaire or the diary, please leave a message for me to call you by phoning the Y.W.C.A. fitness centre. The number is 423-9922. The Y.W.C.A. staff are being most co-operative with all phases of this research project and are assisting in whatever way they can.

I appreciate your support as indicated by your agreement to participate in this study. I shall anticipate your early response.

Thank you very much, for your assistance.

Most sincerely

Pam Gilverson.

YOUNG WOMEN'S CHRISTIAN ASSOCIATION

10305 100 Avenue, Edmonton, Alberta

Phone 423 9922 T5J 3C8

I would like to extend my personal thanks to you for returning your questionnaire and time-budget diary as requested. Your contribution to the study is most appreciated. I would like to re-assure you that the information you have submitted will not be associated with your identity at any time.

As promised, attached are two free passes to the Edmonton Y.W.C.A. Fitness Centre (103 Street and 100 Avenue) for you and/or a friend to use.

Once again, thank you and have a 'FIT' summer!

Most sincerely,

Pam Gilverson

Graduate Student

This entitles you to 1 FREE VISIT TO THE Y.W.C.A. FITNESS CENTRE FOR PARTICIPATION IN THE RESEARCH PROJECT.

Valid Until December 31, 1978.

Y.W.C.A. Fitness Centre
10305 100 Avenue
PH: 423 9922

This entitles you to 1 FREE VISIT TO THE Y.W.C.A. FITNESS CENTRE FOR PARTICIPATION IN THE RESEARCH PROJECT.

Valid Until December 31, 1978.

Y.W.C.A. Fitness Centre
10305 100 Avenue
PH: 423 9922

APPENDIX B

RECORD SHEET

DAYS OF THE WEEK CHART

DAYS OF THE WEEK RECORD SHEET

SAMPLE GROUP I
(Fitness Centre Members)

	CENTRE DAY	NON-CENTRE DAY
SUNDAY		
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		

SAMPLE GROUP 2
(Extension Program Members)

SUNDAY	THURSDAY
MONDAY	FRIDAY
TUESDAY	SATURDAY
WEDNESDAY	

SAMPLE GROUP 3
(Fitness Centre Drop Outs)

SUNDAY	THURSDAY
MONDAY	FRIDAY
TUESDAY	SATURDAY
WEDNESDAY	

DAYS OF THE WEEK DIARY COMPLETED

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Don't Know
Fitness Centre Group (N=46)	7	8	7	9	7	3	3	2
Extension Group (N=52)	9	8	6	6	7	7	6	3
Former Fitness Group (N=47)	7	5	2	9	7	7	9	1
Combination of all Groups (N=145)	23	21	15	24	21	17	18	6

APPENDIX C

QUESTIONNAIRE AND TIME BUDGET DIARIES

PART I:	Fitness Centre and Extension Groups
PART I:	Former Group
PARTS II & III:	All Groups
PART IV:	All Groups

SURVEY OF YWCA FITNESS PROGRAM MEMBERS

As with nearly all questionnaires, there may be some questions which seem unnecessary or irrelevant, however, we have made the questionnaire as short as possible and each item has been inserted with a specific objective in mind.

We hope that all questions will be completed by all respondents even though some of the items may not seem to apply to you. If, however, you are unable or unwilling to answer any of the questions, we are anxious that your replies to the others should remain unaffected.

Remember that your answers will remain absolutely confidential and will not be associated with your identity at any stage.

PART I

INSTRUCTIONS:

In the first section we would like to obtain some idea of your present and past involvement in physical activity and sport along with that of your family.

PLEASE try to answer each question as carefully as possible by placing an 'X' in the appropriate box.

Q 1 What one change would have the most effect in increasing the time that you, personally, devote to physical activity and sport?

- Higher income ☐
- More leisure time ☐
- Increase in the variety of activities available ☐
- Proximity of facilities ☐
- Greater sports involvement of family and friends ☐
- Other (please specify) _____ ☐
- Nothing would increase my involvement ☐
- Do not know ☐

Q 2 How long have you been a member of a YWCA Fitness Program?

- Less than 1 month ☐
- 2-3 months ☐
- 4-6 months ☐
- 7-9 months ☐
- 10 months or longer ☐

Q 3 What approximate distance do you travel to participate in your YWCA Fitness Program?

- Less than 1 mile ☐
- 1-5 miles ☐
- 6-19 miles ☐
- 20-40 miles ☐
- More than 40 miles ☐

Q 4 In which of the activities listed below did you participate at least ONCE during the *YEAR PRIOR TO BECOMING A FITNESS PROGRAM MEMBER*. (Please place an 'X' in each box that applies.)

Golf ☐	Bowling ☐	Jogging ☐
Tennis ☐	Badminton ☐	Slimnastics/ Exercises ☐
Archery ☐	Table Tennis ☐	Judo/Karate ☐
Track or Field ☐	Billiards/Pool ☐	Yoga ☐
Horseback Riding ☐	Roller Skating ☐	Boating ☐
Riflery ☐	Fencing ☐	Canoeing ☐
Fishing ☐	Gymnastics ☐	Sailing ☐
Skiing/Cross Country /Downhill ☐	Softball/Fastball ☐	Swimming ☐
Snow-mobiling ☐	Basketball ☐	Surfing ☐
Ice Skating ☐	Volleyball ☐	Water Skiing ☐
Dancing/Social /Folk/Square ☐	Bicycling for Exercise ☐	Scuba/Aqua Lung Diving ☐
Dancing/Ballet/Jazz /Modern ☐	Walking for Exercise ☐	Synchronized Swimming ☐
Field Hockey ☐	Ice Hockey ☐	Ringette ☐
Broomball ☐	Frisbee ☐	Football ☐
Skateboarding ☐	Others _____ ☐	

Q 5 From the activities checked in Q 4 please indicate the three (3) in which you participated most frequently.

Most popular: _____

2nd: _____

3rd: _____

Using the scales on the left, please print in the appropriate boxes the code numbers indicating (A) approximately HOW OFTEN you participated in each of the three (3) activities listed above, and (B) HOW LONG you spent, on an average, each time.

(A) Frequency

1 = Every day
2 = At least 2 or 3 times a week
3 = Once a week or every weekend
4 = At least once or twice a month
5 = Less than once a month

Most Popular Activities

1st	2nd	3rd
☐	☐	☐

(B) Duration

1 = Over two hours
2 = Between one to two hours
3 = Between 30 minutes to one hour
4 = Less than 30 minutes

Most Popular Activities

1st	2nd	3rd
☐	☐	☐

Q 6 In the year (12 month period) prior to becoming a member of a Y.W.C.A. Fitness Program, would you say that your physical activity level:

- Was higher than at present ☐
- Was the same as now ☐
- Was lower than at present ☐
- I did not do any physical activity ☐

Q 7 Do you PRESENTLY participate in any physical or sporting activities not associated with the YWCA Fitness Program, now that you are a member?

YES ☐ NO ☐

If YES, what are they? _____

_____

_____

_____

Q 8 Do you utilize the day care facilities at the YWCA?

YES ☐ NO ☐

If so, how often do you use the facilities while you are participating in physical activity at the YWCA? (Please answer both A and B)

(PER VISIT)

A.

- Less than 1 hour ☐
- 1-3 hours ☐
- More than 3 hours ☐

B.

- Daily ☐
- 2-3 times/week ☐
- 1/week or every weekend ☐
- 1 or 2 times/month ☐
- Less than 1/month ☐

IF YOU ARE NOT A FITNESS CENTRE MEMBER, PLEASE SKIP TO Q 12

Q 9 The following physical activities and facilities are offered at the YWCA Fitness Centre. Place an 'X' beside those activities in which you participate, and those facilities you utilize.

- ☐ Bicycle
- ☐ Rowing Machine
- ☐ Dumbells
- ☐ Wall Weights
- ☐ Individual Calisthenics
- ☐ Jogging
- ☐ Swimming
- ☐ Fitness Class
- ☐ Racquetball
- ☐ Other: (Please Specify)

_____

_____

- ☐ Steam Room
- ☐ Sauna
- ☐ Shower
- ☐ Whirlpool
- ☐ Ultra Violet Room
- ☐ Other: (Please Specify)

_____

_____

Q10 From the physical activities checked in the previous question, Q 9, please indicate the three in which you participate most frequently at the Centre.

Most Frequent: _____

2nd: _____

3rd: _____

Using the scales on the left, please print in the appropriate boxes the code numbers indicating (A) Approximately HOW OFTEN and (B) HOW LONG you spent, on an average, each time.

(A) Frequency
1 = Daily
2 = At least 2 or 3 times a week
3 = Once a week or every weekend
4 = At least once or twice a month
5 = Less than once a month

Most Popular Activities

1st	2nd	3rd
☐	☐	☐

(B) Duration
1 = Over two hours
2 = Between one to two hours
3 = Between 30 minutes to one hour
4 = Less than 30 minutes

Most Popular Activities

1st	2nd	3rd
☐	☐	☐

Q11 Using the scale on the left, please print in the appropriate boxes the code numbers indicating with whom you primarily participate in your three most popular Fitness Centre physical activities.

1 = Husband
2 = Children
3 = Friend (Female)
4 = Friend (Male)
5 = Colleague
6 = Neighbour
7 = Apartment or House-mate
8 = Alone
9 = Other: (Please Specify) _____

_____

Most Popular Activities

1st	2nd	3rd
☐	☐	☐

Q12 While you were attending school, how much did you enjoy the activities you were taught in Physical Education classes?

No Physical Education ☐
Very much, I enjoyed all activities ☐
Quite a lot, I enjoyed some more than others ☐
Very little ☐
Hated them ☐

Q13 Once you had completed your formal education, would you say your physical activity level:

- Increased ☐
- Remained the same ☐
- Decreased ☐
- Ceased ☐
- I am presently a student ☐

Q14 When your parents were younger, how active in sports and physical activity were they?

	FATHER	MOTHER
I don't know	☐	☐
Very active	☐	☐
Moderately active	☐	☐
Slightly active	☐	☐
Not active	☐	☐

Q15 How interested in sport and physical activity was the family in which you grew up?

- Very keen, everyone was quite active ☐
- Only moderate activity and interest, it was encouraged ☐
- Very little interest, no one was particularly active ☐
- No interest or activity ☐

Q16 When you compare yourself to other women who you consider contemporaries, and who share your life style, how active would you rate yourself?

- Much more active ☐
- More active ☐
- As active ☐
- Less active ☐
- Much less active ☐

Q17 How active is the individual with whom you participate with most in sport and physical activity? (Please indicate):

MALE ☐ FEMALE ☐

- I don't participate with anyone ☐
- Don't know ☐
- Very active ☐
- Moderately active ☐
- Slightly active ☐

Q18 How active is the individual with whom you associate most with on a day-to-day basis? (Please indicate):

MALE ☐ FEMALE ☐

- Don't know ☐
- Very active ☐
- Moderately active ☐
- Slightly active ☐
- Not active ☐

Q19 How active is the individual whose expectations for you are most influential at this point in your life? (Please indicate):

MALE ☐ FEMALE ☐

Same person as that in Q17 ☐	Very active ☐
Same person as that in Q18 ☐	Moderately active ☐
Don't know ☐	Slightly active ☐
	Not active at all ☐

IF YOU HAVE NEVER BEEN MARRIED, PLEASE SKIP TO Q 21

Q20 How active is/was your husband?

Same person as that in Q17 ☐	Very active ☐
Same person as that in Q18 ☐	Moderately active ☐
Same person as that in Q19 ☐	Slightly active ☐
	Not active at all ☐

What is/was his favourite activity? _____

_____

Q21 How interested in sport and physical activity is your present family as a whole?

Very enthusiastic, everyone is quite active ☐
Moderately interested and active, we encourage it ☐
Very little interest, no one is particularly active ☐
No interest or activity ☐

Q22 Would you say that you participate in as much physical activity and sport as you would like?

YES ☐ NO ☐

SURVEY OF FORMER Y.W.C.A. FITNESS CENTRE MEMBERS

As with nearly all questionnaires, there may be some questions which seem unnecessary or irrelevant, however, we have made the questionnaire as short as possible and each item has been inserted with a specific objective in mind.

We hope that all questions will be completed by all respondents even though some of the items may not seem to apply to you. If, however, you are unable or unwilling to answer any of the questions, we are anxious that your replies to the others should remain unaffected.

Remember that your answers will remain absolutely confidential and will not be associated with your identity at any stage.

PART I

INSTRUCTIONS:

In the first section we would like to obtain some idea of your present and past involvement in physical activity and sport along with that of your family.

PLEASE try to answer each question as carefully as possible by placing an 'X' in the appropriate box.

Q 1 What one change would have the most effect in increasing the time that you, personally, devote to physical activity and sport?

- Higher income ☐
- More leisure time ☐
- Increase in the variety of activities available ☐
- Proximity of facilities ☐
- Greater sports involvement of family and friends ☐
- Other (please specify) _____ ☐
- Nothing would increase my involvement ☐
- Do not know ☐

Q 2 How long were you a member of the Y.W.C.A. Fitness Centre?

- Less than 1 month ☐
- 2-3 months ☐
- 4-6 months ☐
- 7-9 months ☐
- 10 months or longer ☐

Q 3 What approximate distance did you travel to participate in your Y.W.C.A. Fitness Program?

- Less than 1 mile ☐
- 1-5 miles ☐
- 6-19 miles ☐
- 20-40 miles ☐
- More than 40 miles ☐

Q 4 Which of the activities listed below do you participate in at present? (Place an 'X' in each box that applies)

Golf	Bowling	Jogging
Tennis	Badminton	Slimnastics/ Exercises
Archery	Table Tennis	Judo/Karate
Track or Field	Billiards/Pool	Yoga
Horseback Riding	Roller Skating	Boating
Riflery	Fencing	Canoeing
Fishing	Gymnastics	Sailing
Skiing/Cross Country /Downhill	Softball/Fastball	Swimming
Snow-mobiling	Basketball	Surfing
Ice Skating	Volleyball	Water Skiing
Dancing/Social /Folk/Square	Bicycling for Exercise	Scuba/Aqua Lung Diving
Dancing/Ballet/Jazz /Modern	Walking for Exercise	Synchronized Swimming
Field Hockey	Ice Hockey	Ringette
Broomball	Frisbee	Football
Skateboarding	Others _____	

Q 5 From the activities checked in Q 4 please indicate the three (3) in which you participate most frequently.

Most Popular: _____

2nd: _____

3rd: _____

Using the scales on the left, please print in the appropriate boxes the code numbers indicating (A) approximately HOW OFTEN you participated in each of the three (3) activities listed above and (B) HOW LONG you spend, on an average, each time.

(A) Frequency
1 = Every day
2 = At least two or three times a week
3 = Once a week or every weekend
4 = At last once or twice a month
5 = Less than once a month

Most Popular Activities

1st	2nd	3rd

(B) Duration
1 = Over two hours
2 = Between one to two hours
3 = Between 30 minutes to one hour
4 = Less than 30 minutes

Most Popular Activities

1st	2nd	3rd

Q 6 Would you say that your present physical activity level is:

Higher than when you were a fitness centre member?
The same as when you were a fitness centre member?
Lower than when you were a fitness centre member?
I do not do any physical activity.

Q 7 When you were a member of the fitness centre did you use the day care facilities at the Y.W.C.A.?

YES ☐ NO ☐

If so, how often did you use the facilities when you were at the centre? (Please answer both A and B)

(PER VISIT) A		B	
Less than one hour	☐	Daily	☐
1 - 3 hours	☐	2 - 3 times/week	☐
More than three hours	☐	1/week or every weekend	☐
		1 or 2 times/month	☐
		Less than 1/month	☐

Q 8 The following physical activities and facilities are offered at the Y.W.C.A. Fitness Centre. Place an 'X' beside those activities in which you participated, and those facilities you used when you were a member.

- ☐ Bicycle
- ☐ Rowing Machine
- ☐ Dumbells
- ☐ Wall Weights
- ☐ Individual Calisthenics
- ☐ Jogging
- ☐ Swimming
- ☐ Fitness Class
- ☐ Racquetball
- ☐ Other (Please Specify)

_____

- ☐ Steam Room
- ☐ Sauna
- ☐ Shower
- ☐ Whirlpool
- ☐ Ultra Violet Room
- ☐ Other (please Specify)

_____

_____

Q 9 From the physical activities checked in Q 8, please indicate the three in which you participated most frequently at the centre.

Most frequent: _____

2nd: _____

3rd: _____

Using the scales on the left, please print in the appropriate boxes the code numbers indicating (A) approximately HOW OFTEN and (B) HOW LONG you spent, on an average, each time.

(A) Frequency

1 = Daily
2 = At least two or three times a week
3 = Once a week or every weekend
4 = At least once or twice a month
5 = Less than once a month

Most Popular Activities

1st	2nd	3rd
☐	☐	☐

(B) DURATION

1 = Over two hours
2 = Between one to two hours
3 = Between 30 minutes to one hour
4 = Less than 30 minutes

Most Popular Activities

1st	2nd	3rd
☐	☐	☐

Q 10 Using the scale on the left, please print in the appropriate boxes the code numbers indicating with whom you primarily participated in your 3 most popular fitness centre physical activities.

1 = Husband
2 = Children
3 = Friend (Female)
4 = Friend (Male)
5 = Colleague
6 = Neighbour
7 = Apartment or House-mate
8 = Alone
9 = Other: (Please Specify) _____

Most Popular Activities

1st	2nd	3rd
☐	☐	☐

Q 11 While you were attending school, how much did you enjoy the activities you were taught in Physical Education classes?

- No Physical Education ☐
- Very much, I enjoyed all activities ☐
- Quite a lot, I enjoyed some more than others ☐
- Very little ☐
- Hated them ☐

Q 12 Once you had completed your formal education, would you say your physical activity level:

- Increased ☐
- Remained the same ☐
- Decreased ☐
- Ceased ☐
- I am presently a student ☐

Q 13 When your parents were younger, how active in physical activity and sports were they?

	FATHER	MOTHER
I don't know	☐	☐
Very active	☐	☐
Moderately active	☐	☐
Slightly active	☐	☐
Not active	☐	☐

Q 14 How interested in sport and physical activity was the family in which you grew up?

- Very keen, everyone was quite active ☐
- Only moderate activity and interest, it was encouraged ☐
- Very little interest, no one was particularly active ☐
- No interest or activity ☐

Q 15 When you compare yourself to other women who you consider contemporaries, and who share your life style, how active would you rate yourself?

- Much more active ☐
- More active ☐
- As active ☐
- Less active ☐
- Much less active ☐

Q 16 How active is the individual with whom you participate with most in sport and physical activity? (Please indicate):

MALE ☐ FEMALE ☐

- I don't participate with anyone ☐
- Don't know ☐
- Very active ☐
- Moderately active ☐
- Slightly active ☐

Q 17 How active is the individual with whom you associate most with on a day-to-day basis? (Please indicate):

MALE ☐ FEMALE ☐

- Don't know ☐
- Very active ☐
- Moderately active ☐
- Slightly active ☐
- Not active ☐

Q 18 How active is the individual whose expectations for you are most influential at this point in your life? (Please indicate):

MALE ☐ FEMALE ☐

- Same person as that in Q16 ☐
- Same person as that in Q17 ☐
- Don't know ☐

- Very active ☐
- Moderately active ☐
- Slightly active ☐
- Not active ☐

IF YOU HAVE NEVER BEEN MARRIED, PLEASE SKIP TO Q 20

Q 19 How active is/was your husband?

- Same person as that in Q16 ☐
- Same person as that in Q17 ☐
- Same person as that in Q18 ☐

- Very active ☐
- Moderately active ☐
- Slightly active ☐
- Not active ☐

What is/was his favourite activity? _____

_____

Q 20 How interested in sport and physical activity is your present family as a whole?

Very enthusiastic, everyone is quite active ☐
Moderately interested and active, we encourage it ☐
Very little interest, no one is particularly active ☐
No interest or activity ☐

Q 21 Would you say that you participate in as much physical activity and sport as you would like?

YES ☐ NO ☐

Q 22 Would you please indicate in your own words the reason(s) why you are no longer a fitness centre member?

_____

_____

_____

_____

_____

_____

_____

_____

PART II

INSTRUCTIONS:

In this section we would like to ask you questions concerning your lifestyle. Please follow instructions as you answer each question.

Q 1 Do you belong to any groups or organizations not associated with physical activity?

YES ☐ NO ☐

If yes, please indicate the total time you spent on such organizations by printing the code numbers indicating (A) approximately HOW OFTEN (in total you participate) and (B) HOW LONG (you spent on average each time) in the appropriate boxes.

1 = Every day
2 = At least two or three times per week
3 = Once a week or every weekend
4 = At least once or twice a month
5 = Less than once a month

A (Frequency) ☐

1 = Over two hours
2 = Between one and two hours
3 = Between 30 minutes to one hour
4 = Less than 30 minutes

B (Duration) ☐

Q 2 People divide their time up in different ways according to their preferred activities. For this question we would like you to indicate how many HOURS PER WEEK you engage in the following activities: (Based on 120 hours per week)

Activities	Number of Hours
Work	
Watching T.V.	
Housework	
Reading, Radio, Records (As a major activity)	
Hobbies	
Part-time continuing education	
Participation in organized sports	
Other physical activity (Jogging, exercises, etc.)	
Theatre, shows, spectator sports	
Shopping	
Social visiting	
Education	
Community Activities	
Others (please specify)	
Total	

Q 3 Below is a list that describes some "moods" you may experience. Please put an 'X' through the number which best describes how often you feel:

	OFTEN	SOMETIMES	RARELY	NEVER
A. On top of the world?	1	2	3	4
B. Very lonely or remote from other people?	1	2	3	4
C. Particularly excited or interested in something?	1	2	3	4
D. Depressed or very unhappy?	1	2	3	4
E. Pleased about having accomplished something?	1	2	3	4
F. Bored?	1	2	3	4
G. Proud because someone complimented you on something you had done?	1	2	3	4
H. So restless you couldn't sit long in a chair?	1	2	3	4
I. That things were going your way?	1	2	3	4
J. Upset because someone criticized you?	1	2	3	4

Q 4 How often in the past year have you been bothered by: (Put an 'X' in the appropriate box)

	OFTEN	SOMETIMES	RARELY	NEVER
A. Headaches?	☐	☐	☐	☐
B. Your heart beating hard?	☐	☐	☐	☐
C. Shortness of breath when you were not exercising or working hard?	☐	☐	☐	☐
D. Cold sweats?	☐	☐	☐	☐
E. Trouble sleeping?	☐	☐	☐	☐

Q 5 Put an 'X' in the box which best describes your appetitie.

Poor ☐
Fair ☐
Good ☐
Don't Know ☐

Q 6 Using the following scales, place an 'X' through the number which best describes how healthy you felt this past year.

A. PHYSICALLY

Very Healthy 1 2 3 4 5 6 7 Very Unhealthy

B. MENTALLY

Very Healthy						Very Unhealthy
1	2	3	4	5	6	7

IF YOU ARE NOT MARRIED, SKIP TO Q8

Q 7 Using the scale on the right, put an 'X' through the number which best describes how you and your partner share the following tasks:

	Partner Entirely	Partner More	Share Equally	Self More	Self Entirely	Not Applicable
A. Earning the family income	1	2	3	4	5	6
B. Housekeeping	1	2	3	4	5	6
C. Keeping in touch with relatives	1	2	3	4	5	6
D. Taking care of children	1	2	3	4	5	6
E. Disciplining children	1	2	3	4	5	6

Q 8 Please use the scales provided by putting an 'X' through the number which best indicates how much satisfaction you get from each of the following:

A. Your non-working activities -- hobbies and so on.

Very Dissatisfied						Very Satisfied
1	2	3	4	5	6	7

B. Your family life.

Very Dissatisfied						Very Satisfied
1	2	3	4	5	6	7

C. Your health and physical condition.

Very Dissatisfied						Very Satisfied
1	2	3	4	5	6	7

D. The amount of time you have for doing things you want to do.

Very Dissatisfied						Very Satisfied
1	2	3	4	5	6	7

E. Your standard of living -- housing, car, furniture, recreation, etc.

Very Dissatisfied						Very Satisfied
1	2	3	4	5	6	7

F. All in all, how satisfied are you with life these days?

Very Dissatisfied						Very Satisfied
1	2	3	4	5	6	7

PART III

INSTRUCTIONS:

In order to help us classify your answers statistically, there are just a few more factual details needed. As with all other responses obtained, the following information will be kept strictly confidential and used only to further our research analysis. However, it is important that you answer this series of questions as accurately as possible. Use an 'X' where appropriate.

Q 1 EDUCATION: (Check only one)

- I left school at the earliest possible age (15 - 16 years old). ☐
- I have some high school education. ☐
- I have completed my high school education. ☐
- After leaving school or after I had worked for some time, I took a course or courses which qualified me in some way (ie: hairdressing school, secretarial course, etc.). ☐
- After high school I attended a full-time course "at least two years duration" which qualified me for a profession (ie: nursing, physiotherapy, dental hygiene, etc.). ☐
- I attended a university, junior or community college and obtained an undergraduate degree (eg: BA, BSc, BEd, etc.). ☐
- I am working toward or have obtained a graduate degree (ie: MSc, MA, MEd, PhD. etc.). ☐
- At the present moment, I am a full-time high school student ☐
- At the present moment, I am a full-time undergraduate university student. ☐
- None of the above statements apply to me. Please state why. ☐

_____

Q 2 FAMILY EDUCATION: Please indicate the level of education your parents achieved.

FATHER		MOTHER
☐	Don't know	☐
☐	Grade school	☐
☐	High school	☐
☐	College or university	☐
☐	Apprenticeship or training	☐
☐	Graduate school	☐
☐	Post-graduate work	☐

Q 3 What, if any qualifications did they obtain?

Your Mother _____

Your Father _____

Q 4 Describe as accurately as possible the type of work your mother does/did.

_____

Q 5 Describe as accurately as possible the type of work your father does/did.

_____

Q 6 PERSONAL HISTORY: How old are you? (In years) _____

Q 7 Please check the appropriate box:

- Married ☐
- Widowed ☐
- Divorced ☐
- Separated ☐
- Single ☐

(If single, skip to Q 12)

Q 8 How many children do you have? *(If no children, skip to Q 11)*

MALES		FEMALES
☐	3 or more	☐
☐	2	☐
☐	1	☐

Q 9 This question concerns the ages of your children. Please mark the appropriate box.

- All are pre-school age ☐
- Some are pre-school and some go to school ☐
- All are school age at least ☐
- All are over 18 years of age ☐

Q10 This question concerns maintenance of your children. Use an 'X' where appropriate.

- Live-in housekeeper ☐
- Day-time housekeeper ☐
- Utilize day-care services ☐
- Occasional day-time sitter, (paid or free) ☐
- Total day-time care by self ☐

Q11 Please describe as accurately as possible, the type of work your husband does/did.

_____

Q12 Are you employed?

YES ☐ NO ☐

(If yes, please elaborate as indicated below)

Full-Time ☐ Part-Time ☐

Please describe as accurately as possible, the type of work you do.

_____

Q13 Using the scale on the left please print the code letter which indicates your approximate income, before taxes, for the last taxation period. If you are married, please use the code letter representing the approximate total family income.

Self ☐ Family ☐

A = Less than $2,000
B = 2,000-3,999
C = 4,000-5,999
D = 6,000-7,999
E = 8,000-9,999
F = 10,000-14,999
G = 15,000 and up

Q14 Where were you raised? (Check one)

City (Population 15,000 or greater) ☐
Small town or village (population under 15,000) ☐
Country (farm or ranch) ☐

Q15 How many brothers and sisters do/did you have?

None ☐ *(Skip to next question)*

SISTERS (please indicate exact numbers)		BROTHERS
☐	Older	☐
☐	Younger	☐
☐	Same	☐

Q16 What is your religious preference? (Please give specific denomination)

Protestant ☐
Catholic ☐
Jewish ☐
Other ☐
None ☐

_____

If you have any comments you wish to add, about the questionnaire or on other topics, we certainly welcome them.

WE ARE MOST APPRECIATIVE OF YOUR SUPPORT. THANK YOU VERY MUCH.
GOOD LUCK WITH THE TIME BUDGET DIARY.

UNIVERSITY OF ALBERTA | PART IV | GRADUATE RESEARCH

EDMONTON Y.W.C.A.

FITNESS PROGRAMS

TIME DIARY FOR: (Name) _____

(Address) _____

_____

DIARY TO BE COMPLETED FROM (Midnight) _____

TO (Midnight) _____

DO YOU WISH TO HAVE 2 FREE FITNESS CENTRE PASSES SENT TO YOU UPON RETURNING THE DIARY AND QUESTIONNAIRE? YES ☐ NO ☐

NOTES TO HELP IN COMPLETING YOUR DIARY

1. ON THE FOLLOWING PAGES OF THE DIARY, YOU WILL FIND A LIST OF SOME OF THE KINDS OF THINGS THAT YOU MIGHT DO DURING THE DAY, AND AN EXAMPLE OF HOW A COMPLETED PAGE OF THE DIARY MIGHT LOOK.

2. PLEASE USE YOUR OWN WORDS TO DESCRIBE WHAT YOU DO, AND FEEL FREE TO MAKE COMMENTS IN THE COLUMN HEADED *REMARKS* ON EACH PAGE. SUCH COMMENTS, FOR EXAMPLE, MIGHT DESCRIBE YOUR FEELINGS ABOUT A PARTICULAR ACTIVITY OR THE MOOD YOU WERE IN AT THE TIME.

3. SHOULD YOU NEED MORE SPACE TO FILL IN YOUR ACTIVITIES FOR A PARTICULAR PERIOD OF THE DAY, PLEASE USE THE BACK OF THE PAGE, LISTING THE ACTIVITY, THE TIME, AND SO ON.

4. MAY WE SUGGEST THAT YOU FILL IN THE DIARY AT CONVENIENT MOMENTS DURING THE DAY, OR AT REGULAR PERIODS, IF POSSIBLE, AND NOT LEAVE IT TO THE END OF THE DAY. AS IT IS SO EASY TO FORGET THINGS.

5. ANY QUESTIONS YOU MAY HAVE MAY BE ANSWERED BY PHONING THE Y.W.C.A. (423-9922) IN THE AFTERNOONS AND ASKING FOR EITHER PAM OR DONNA AT THE FITNESS CENTRE. PLEASE USE THE SELF-ADDRESSED STAMPED ENVELOPE TO RETURN THE QUESTIONNAIRE AND DIARY JUST AS SOON AS YOU HAVE COMPLETED IT. BE SURE TO CHECK ON THE FRONT OF THE DIARY IF YOU WISH TO HAVE 2 FREE FITNESS CENTRE PASSES SENT TO YOU UPON MAILING THE COMPLETED INFORMATION.

6. ONCE AGAIN, THANK YOU AND PLEASE REMEMBER THAT ALL INFORMATION THAT YOU GIVE US WILL BE KEPT STRICTLY CONFIDENTIAL.

LOOKING FORWARD TO RECEIVING YOUR COMPLETED DIARY.

KINDS OF ACTIVITIES YOU MAY DO DURING THE DAY

(but please use your own words to describe what you are doing)

TRAVEL:	All the trips you make, both at home and at work.
WORK:	Actual work; work breaks; delays or sitting around at work; work meetings or instruction periods; meals at work; overtime; work brought home.
HOUSEWORK:	Preparing meals and snacks; doing dishes; arranging and straightening things; laundry and mending; cleaning house (inside and outside); care of yard and animals; repairs.
CHILD CARE:	Baby care; dressing; helping with homework; reading to; playing with; supervising; medical care.
SHOPPING:	Groceries, clothes, appliances, or home furnishings; repair shops; other services (for example: dentist, hairdresser, doctor, post office).
PERSONAL LIFE:	Eating meals and snacks; dressing; care of health or appearance; helping neighbors or friends; sleep or naps.
EDUCATION:	Attending classes or lectures; training and correspondence courses; homework; reading for the job.
ORGANIZATIONS:	Club meetings or activity; volunteer work; going to church services; other church work.
GOING OUT:	Visiting (or dinner with) friends, neighbors or relatives; parties, dances, nightclubs or bars; sports events and fairs; concerts, movies, plays, or museums.
ACTIVE LEISURE:	Sports or exercise; playing cards or other games; pleasure trips and walking; hobbies, knitting, painting, or playing music.
PASSIVE LEISURE:	Conversations; radio, TV, records; reading books, magazines or newspapers; writing letters; planning, thinking or relaxing; telephone calls and conversation.

TIME	ACTIVITY	TIME BEGAN	TIME ENDED	WHERE (Specify, if sport or phys. act.)	WITH WHOM	REMARKS
NOON ⇩	Lunch	12:00	12 35	At home	Alone	
	Washing Dishes	12:35	1:00	At home	Alone	
1:00 p.m. ⇩	Reading magazine and listening to the radio	1 00	1 40	At home	Alone	
	Gardening	1 40		At home	Alone	
2:00 p.m. ⇩	Made and drank a Cup of Tea	2:45	2 45 3:00	At home	Neighbour	
3:00 p.m. ⇩	Went to Exercise	3:00	3 50	Fitness Centre	Alone	
	Collected Children from Swimming	3:50		Jasper Pool	Alone	
4:00 p.m. ⇩	Made children's snack	+ 20	4 20 4:45	At home	Children	
	Washed Dishes	4 45		At home	Children	
5:00 p.m. ⇩	Watched T.V	5:10	5:10 5:30	At home	Children	
	Prepared Dinner	5:30		At home	Alone	